

**Ancient artistry**

Military spouse teaches belly dancing

Page 11

# Fort Riley Post

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Friday, October 20, 2006

America's Warfighting Center

Vol. 49, No. 42

## Gate hours to change

Post gate hours will be realigned beginning Nov. 1, announced Col. Thomas "Ty" Smith, Fort Riley garrison commander.

The Ogden, Henry and Trooper gates will be manned 24 hours a day, seven days a week said Ray Coffey of the post Provost Marshal's Office. Visitors can be logged in at all three gates.

He said that 12th Street gate will be closed on weekends and at 2 p.m. during the week, affecting the work force in the Funston area.

Other changes include:

- The Grant Avenue gate will be closed on weekends and at 9 p.m. during the week.
- The Rifle Range Road gate will be open only from 5 to 9 a.m. Monday through Friday.

Estes gate hours will not change, Coffey said.

The vehicle registration office will be open at the Henry Drive gate from 8 a.m. to 6 p.m. Monday through Friday. It is closed on weekends and holidays.

## Around the Army

### Korea:

The Pacific Stars and Stripes reported Oct. 18 that a law enforcement sting netted AAFES goods allegedly bound for the Korean black market.

A suspicious-looking truck parked on Camp Stanley launched a Sept. 25 sting operation in which U.S. and South Korean officials discovered thousands of dollars' worth of goods bound for the black market.

When three South Korean AAFES employees entered the truck and approached the gate, they apparently spotted an agent and fled, abandoning the truck and its cargo.

For more on this story and other U.S. military news in the Pacific and European theaters, visit [www.esrtpes.com](http://www.esrtpes.com) on the Web.

## Stay in Step with Fort Riley

See what's happening on Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV, Channel 13.

This week's show, which runs on WIBW TV Oct. 20 and on the post's cable channel 2 Oct. 23-29, includes:

- The Army vice chief of staff visit Oct. 3
- 15th PSB's redeployment ceremony Sept. 26
- Changing of the Stole from the departing installation chaplain to his successor, Chap. (Col.) Thomas Day
- Kickoff of the post's Combined Federal Campaign drive

- Results of the post's Army 10-Miler team
- Information about the upcoming post Ghost Tour and Halloween Safety, and
- The burial of the remains of a 1st Infantry Division Soldier killed in France in World War I

## Retired Gen. Myers visits

Former chairman of joint chiefs views team training on post

By Mike Heronemus  
Editor

"I was very impressed" with Military Transition Team training at Fort Riley, said retired Air Force Gen. Richard Myers, now a foundation professor of military history at Kansas State University in Manhattan, Kan.

The former chairman of the Joint Chiefs of Staff visited Fort Riley Oct. 13 at the invitation of Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley.

The visit included a history lesson and tour of the post. "We got a great tour and history of the fort that I thought I knew pretty well,"

he said. "We got a lot of history, a lot of which I did not know."

Myers also watched MiTTs training in preparation for deployment to Iraq or Afghanistan, where they will work with those countries' armed forces to help raise the self-sufficiency level of Iraqi and Afghanistan battalions and brigades so they can take over

security missions from U.S. forces.

"I think the centralized training here with the division and at Fort Riley seems to make a lot of sense," Myers said. "I think the overall quality of training, the standards and, in particular, the

See Myers, Page 3

PostHeronemus  
Retired Air Force Gen. Richard Myers talks with news media Oct. 13.

## Friend or foe?



Daily Union/Stroda

Soldiers of the 2nd Bn., 16th Inf., try to identify a captured insurgent played by a fellow Fort Riley Soldier during a 4th IBCT exercise at Smoky Hill Weapons Range near Salina, Kan., early this month.

## 4th Brigade puts unit training to test

Editor's note: The following story is a personal account by a reporter observing brigade-level training by units of the 4th Infantry Brigade Combat Team at Fort Riley. The brigade organized at Fort Riley and has been developing its subordinate units' skills leading up to the culminating exercise conducted at the Smoky Hill Weapons Range early this month.

By Laura Stroda  
The Daily Union

KANOPOLIS, Kan. — They loaded up into trucks under the cover of night. Technically, it was morning, but when you've only slept about four hours and have to climb out of bed before 3 a.m., it's all the same. Your body thinks it should be asleep.

Looking around at the Soldiers scattered in small groups, stretched out on the ground, their heads resting on assault packs, you know they'd much rather be asleep, too.

But these men and women of the 2nd Battalion, 16th Infantry, in the 1st Infantry

See Brigade exercise, Page 2

## 3rd Bde. shrinks for MiTT mission

By Mike Heronemus  
Editor

Downsizing from a combat armored brigade to a training brigade charged with preparing military transition teams for deployment to Iraq and Afghanistan has been no small task for 3rd Brigade, 1st Armored Division.

The brigade returned to Fort Riley in several small to large groups throughout January 2006 after a year in Iraq, looking forward to a little down time like all returning units get. The "Bulldogs" got a brief rest but quick-stepped into their new mission with a dedication that has pleased their new commander, Col. Norbert Jocz. He joined the brigade in mid-year as his state was tackling a new training mission that required massive shifting of equipment, facilities and personnel.

The only subordinate unit in the brigade unaffected by the changes was the 70th Engineer Battalion, which would stay at its normal strength because of a scheduled deployment to Afghanistan.

The rest of the brigade's units were told to transfer their unneeded equipment and facilities and to reassign unneeded personnel by mid-September so they would be ready to assume the new training mission. That deadline was extended to mid-October, said Maj. John Vermeesch, the brigade's executive officer.

As 2006 began, the "Bulldog Brigade" was still fully loaded with the standard heavy equipment Army armored brigades take to combat: Abrams tanks, Paladin 105mm self-propelled howitzers and the behemoth Oshkosh model

See 3rd Brigade, Page 4



Army News Service

Secretary of the Army Dr. Francis J. Harvey gives the keynote address at the opening ceremony of the Association of the U.S. Army convention Oct. 9 in Washington, D.C. Harvey also unveiled the Army's new recruitment slogan: "Army Strong."

## Army secretary opens AUSA meeting with overview, slogan

By Dennis Ryan

Fort Meyer Pentagongram

WASHINGTON (Army News Service) — Soldiers' minds, hearts, characters and sense of purpose must all be strong, Secretary of the Army Francis J. Harvey said Oct. 9 at the Association of the U.S. Army annual meeting as a video of Soldiers training and fighting played in the background.

"Soldiers must be strong for themselves," the secretary said. "There is only one place to find

this strength. You are Army strong."

The new advertising campaign slogan will replace "The Army of One" Nov. 11. The "Army Strong" campaign is part of the secretary's efforts to sustain the all-volunteer force against tough competition from the other services and colleges.

The theme of this year's AUSA meeting was "Boots on the Ground" and the 19th secretary of the Army told a large crowd at the Washington Convention Center how his service has boots on the

ground in 70 countries.

The speech also was a chance for Harvey to update active duty Soldiers and retirees on the state of Army transformation. He told how the Army has transformed during active combat from a "Cold War" division-heavy organization to 35 modular brigades.

Harvey said terrorist attacks on the United States date back to the Beirut bombings in 1983, not just to 9/11.

"We are indeed fighting a long

See Harvey, Page 3





## Brigade exercise

continued from page 1

Division's 4th Infantry Brigade Combat Team had a mission in the early morning hours of Oct. 6. The battalion's three companies were charged with clearing a village with known insurgent activity. They had to seize the city, capture or kill the insurgents and maintain control of the village.

This was all fictional, of course. The "insurgents" were simply fellow brothers-in-arms from the 4th IBCT's support battalion.

The "village" looked somewhat realistic from a distance. But up close, it was nothing more than metal storage containers stacked on each other with holes torched for windows and doors.

In fact, just a few weeks before the exercises, it didn't look much like a village at all. Those storage containers at the Smoky Hill Weapons Range west of Salina were just stuck out in the middle of a grassy field at the base of a hill. They didn't need doors or windows because they served as mere targets for pilots to paint during training.

So, Soldiers from the support battalion hit the local hardware store for some plywood and spring hinges to make doors and fashion tables as obstacles inside the containers.

Constructing the village proved to be an asset for the support battalion Soldiers who played the enemy. "They were really able to build this to their advantage," said Maj. Kirk Luedeke, the brigade's public affairs officer.

Just how much of an advantage was quite obvious at the end of the day. While all 40 insurgents were "killed" in action, they managed to take out more than 130 of the brigade's Soldiers, leaving commanders with about 50 percent of their forces as the action was winding down.

Company A Commander Capt. Scott Smith knew his unit would have casualties during the exercise. "But not like that," he said. "I wasn't expecting that many. We really took a beating."

### Long dark ride

The day began early for the "Rangers." Breakfast was served by moonlight. Meals Ready-to-Eat were handed out and scarfed down. Most knew they likely wouldn't eat again for close to 12 hours.

The companies were divided into "chalks," or groups, to be loaded onto trucks designated as Black Hawk helicopters for purposes of this exercise. The troops waited in the dark until their company was called to board, most



Soldiers of 2nd Bn., 16th Inf., stage outside a mock mosque before storming it to find and kill insurgents who have been firing at the U.S. Soldiers. The training took place early this month at Smoky Hill Weapons Range near Salina. *Daily Union/Strada*

### Bird's-eye view

trying to catch a few winks or at least allow their body to rest.

Once they climbed into the back of the cargo trucks, their posteriors resting on cold metal benches, even the moonlight was cut off. The tarp was secured over the back of the truck, effectively sealing the group of 10 Soldiers in darkness for the two-hour drive to the training range.

The trip started with chatter, but it wasn't long before the sounds of slumber were heard. Hey, you get sleep when you can in the Army, although not necessarily when you need or want it.

The convoys arrived at the Smoky Hill Weapons Range by company. The troops unloaded, their eyes squinting as they adjusted to the sun that had risen during the trip. Co. A Soldiers "took a knee" in the ditch, awaiting orders to enter the exercise area on foot.

Finally, those orders came and the squads began to move out, walking a little more than a mile to get to their objective. Company C was moving into the village from the east-northeast. Co. A flanked them, coming in directly from the north.

About halfway through the march to the village, the voice of the village imam echoed across the hills. "My brothers, my brothers, we are under attack," he said, rallying the enemy forces.

Not long after that, you could hear the pop of M-16s and M-249 Squad Automatic Weapons.

The fight was on.

I was with a group of gunners — two machine guns and a sniper — in addition to several other Soldiers armed with M-16s or M-4 carbines. We took our post on top of a hill that provided a good vantage point for the gunners providing covering fire.

At that moment, it was ironically obvious this was nothing more than a training exercise. Not 30 yards from where the gunners lay in the grass was a line of blue and white porta-potties. Definitely not something you'd see in Iraq or Afghanistan.

The men began to take toll of the situation, trying to find friends and hostiles. After a few minutes passed, a trainer in the background yelled at the squad leader.

"Why aren't your men shooting? Get 'em shooting," he said.

"But don't have them shooting just to be shooting. Identify targets!"

Then the brass started to fly. The squad worked together, yelling out targets in windows, doorways and alleys.

"Hey Snot (the squad's sniper), Building Six, up top," one called out.

Not long after that, you could hear a louder, deeper boom than the M-16 rounds that were going off.

"Target down," the sniper said calmly as he slid the bolt back to eject the spent shell.

It went on like this for awhile,

the gunners taking out targets from the hill while squads in the village conducted search-and-clear exercises. The action began to wind down, but there were still insurgents left in the village. And the casualties were beginning to pile up.

### Capture, question

I eventually got down to the village with a squad. The teams moved from building to building, making sure no insurgents were left hiding.

They found one who could have passed as an Iraqi militant. His hands were cuffed behind his back with zip ties and he was led into a secure courtyard for questioning.

To an onlooker, the questioning could have looked like an impending execution. The insurgent was on his knees with an M-16 pointed at the back of his head. But the only thing he would be shot with was a digital camera.

Two noncommissioned officers pulled out a piece of paper full of mug shots, attempting to identify the man. Once he was properly identified, another Soldier searched him. Tattoos and scars

ing engagement from that far out."

They also weren't expecting the doors to be booby-trapped with improvised explosive devices, partly because they assumed it was mostly a peaceful village.

"This here is a Sunni neighborhood, so I would expect that to mean civilians, including women and children," Smith said. "They would be doing their daily activities, so you wouldn't expect them to booby-trap all the doors."

Smith said that looking back, commanders would have planned for contact farther out from the village. He said the information probably wouldn't have changed the company's approach to the village, but it would have heightened their level of alertness.

"Once we were in the fight, we knew what we were up against. It was just a matter of carrying it through," he said.

### Bigger test coming

The training at Smoky Hill concluded Oct. 9 with live-fire exercises. For the most part, that will be the last training the 4th IBCT has in the state of Kansas.

The brigade is packing up for 30 days at Fort Irwin, Calif., and exercises at the National Training Center. This will be the first time in more than a year that Fort Riley has sent an entire brigade to the training center.

That the 4th IBCT was selected for this training mission is especially unique because it is one of the newest brigades in the Army. It is at about 90 percent strength and will send about 3,000 Soldiers to California at the end of October.

Completing training at NTC means the Department of Army may consider sending the brigade into combat.

"We have no deployment orders to go overseas, but by completing a training center rotation, our brigade is then eligible to be in the ready pool for any possible future deployment in support of contingency operations abroad," Luedeke said.

"I wasn't expecting a Fallujah-type fight. Based on intel, I was thinking more that we'd kind of blend in with the locals and stumble across a fight. I wasn't expect-

See more photos on page 3.

were noted.

### Successful overall

Despite the high number of casualties, battalion officials were pleased with the exercise. For most of the Soldiers, this was the largest scale training exercise they've participated in.

"They've only been doing team-level ops. Last week was really the first time we did a platoon-level op," Smith said. "So that was a first for them. They're moving right along. Overall, I say they did very well. It's not a surprise how they did. It was reassuring."

But Smith was frank about his company's shortcomings.

"The opposing force really did their homework. They got us in a couple areas where they could get crossfire on us. They were able to exploit our weaknesses," Smith said. "It was slower than expected. But (my Soldiers) were doing what they were supposed to and what we had rehearsed."

"I wasn't expecting a Fallujah-type fight. Based on intel, I was thinking more that we'd kind of blend in with the locals and stumble across a fight. I wasn't expect-

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Daily Union/Stroda

Soldiers of the 4th IBCT work their way around to the back of a mock mosque at Smoky Hill Weapons Range while training early this month. They were trying to find insurgents and to clear the mock village.



Daily Union/Stroda

A four-man squad walks up the road past the convoy of trucks. The Soldiers of Co. A, 2nd Bn., 16th Inf., were waiting on orders to proceed into the training area.



Daily Union/Stroda

Soldiers of the 4th IBCT move in to clear a mock mosque of fellow Soldiers playing Iraqi insurgents in the first brigade-level exercise conducted by the new brigade.

## Myers continued from page 1

feedback mechanism will be a lot cleaner" because of the centralization, he added.

The American public seems to "miss the boat" in regard to what's happening in Iraq, Myers said. "They think it's a U.S. strategy. It's an international strategy, and it has more dimensions than just the military dimension," he explained. "There's a political dimension and there's an economic dimension."

The primary public focus lies on the military dimension, Myers continued, "and that's unfortunate ... while a lot of the issues are security issues, a lot of the security issues could be fixed with political leadership from Iraq. So that's what needs to be encouraged," he said.

Myers expressed the opinion that the United States will be successful and that Iraq will be successful in developing its security forces and becoming a stable nation.

"As hard as it is, I think our commitment to helping the Iraqis find their way through this very tough period is something the military has done very well," Myers said.

But, America cannot forget that one of the strategic issues in play now and for the future will be al-Qaida, the group of terrorists who declared war on the United States in 1998, he reminded.

Since 1998, al-Qaida has done

a lot of things to carry out its threat of war against the United States.

"Three of those (things) that people remember is the east Africa bombing. They bombed a couple of our embassies ... They bombed the USS Cole and then, of course, the World Trade Center and the Pentagon," he said.

"This is a very real threat to this country; and it will persist for a very long time because the adversary, although small and diminished in some respects by actions we've taken in the past five years, is not a deterred force," he said. "They have a 100-year strategy and they're going to play it out," Myers warned.

On the up side, Myers applauded the U.S. military's role in containing that threat and others around the world.

"I believe this country is much safer because the military has answered the call from our commander-in-chief and our political leadership and are doing an extraordinary job all around the world.... I have no doubt in my mind that we're safer because we have forces deployed where we have them today, and that's Iraq and Afghanistan and the Horn of Africa and lots of places around the world.

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## Harvey continued from page 1

war," he said. "It is a war we must win. It is an asymmetric war."

The Army must be "ready and relevant" for warfare in the 21st century, Harvey said. The brigade-based modular force will become the future combat system.

A video portrayed a unit using sensors and unmanned vehicles and devices. A Soldier was shown throwing a small surveillance robot through a window, while little drone helicopters scanned the area outside the

building under attack for threats.

The robot righted itself and proceeded up stairs to scout for enemy activity. This information was instantly relayed to the attack force waiting outside the building. When the enemy was identified, the assault force stormed the building.

Such high-tech systems will require "first-class Soldiers and leaders" able to engage in "full-spectrum warfare," Harvey said. Soldiers and civilians who support the warfighter also will have to be of similar quality.

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For the first time since returning from Iraq, Soldiers of Det. E, 15th PSB, reunite with their families at King Field House Sept. 26. While deployed, the Soldiers provided ID card services, processed promotions and managed Soldiers' enlisted record briefs, among other services.  
1st Inf. Div. PAO/Smith



## Post welcomes Soldiers home

Det. E, 15th PSB, returns after supporting Soldiers in Iraq

By Pfc. Nathaniel Smith  
1st Inf. Div. PAO

It was a typical evening at King Field House, but those who were at the gym to work out might have noticed the duffle bags lined up and Soldiers standing in formation on the basketball court, smiling from ear to ear.

For those Soldiers, it was anything but a typical evening; it was their homecoming from a combat zone.

Fort Riley welcomed home Detachment E, 15th Personnel Services Battalion, from Iraq with a redeployment ceremony at the fitness center Sept. 26.

The detachment was deployed in support of Operation Iraqi Freedom, where they provided services to fellow Soldiers that included processing promotions, handling enlisted record briefs

and providing ID card services.

Spec. Alan Hayes, an information management specialist with the 15th PSB, understands Soldiers' feelings about their time in Iraq but is happy to be home.

"The feeling of being home is good," Hayes said. "It's comforting to finally come back home. Me personally, I'm going to make the most of it."

Hayes said he plans on spending time with his family, visiting different places around Kansas, such as Salina and Topeka, and going home to Durham, N.C.

Capt. Brian Witcher, Det. E commander, felt the ceremony was very good for the Soldiers in his unit.

"This was outstanding, very motivational," he said. "We really appreciate everything Fort Riley did for us by setting this up."



1st Inf. Div. PAO/Smith  
The window of a van parked outside King Field House says it all at the redeployment ceremony for Det. E, 15th PSB, Sept. 26.

The detachment operated from Camp Taji, Iraq, an area just north of Baghdad and south of Balad.

Hayes said while he was at Camp Taji, he had a lot of time to think about who he was and

where he wants to go with his life, and he was able to work on advancing his education.

Witcher offered some advice to young Soldiers based on lessons he learned while in Iraq:

"The biggest thing to remember is to stay focused on your mission and remember it's a war zone," he said. "You have got to be ready."

The 15th PSB is part of the 1st Cavalry Division at Fort Hood, Texas. The unit served in New Guinea during World War II, Southeast Asia during the Vietnam War and Southwest Asia during the Persian Gulf War, where it participated in the defense of Saudi Arabia and the liberation and defense of Kuwait.

The battalion earned a meritorious unit commendation for its outstanding service in Southwest Asia.

## 3rd Brigade continued from page 1

transport trucks and ammunition carriers even though the job in Iraq had them moving about in armored "Humvees."

Its rosters contained the names of nearly a full brigade contingent of Soldiers, too. "In April we were manned at about 98 percent of our authorized strength," Vermeech said. That was before the stop-loss and stop-move directives that kept Soldiers in the brigade were lifted, he said.

The new training mission requires only about 250 Soldiers in the brigade, Vermeech said. By late September, the brigade had trimmed about 1,900 people from its rolls, leaving about 1,500, Vermeech said.

Brigade Soldiers who are close to leaving military service will stay with the brigade until they get out, he added in explanation about why the brigade hadn't trimmed down to its small training cadre size.

The brigade also knew it would have to keep a few more people than the MiTT training mission required until all the equipment and facility transfers and all the personnel actions could be completed, Vermeech said. "We knew we would need supply specialists and personnel specialists to do that work," he explained.

The brigade's leadership wanted to keep some key people to handle the new training mission, so it "fenced" those experienced noncommissioned officers and officers who would prove to be valuable assets in training future MiTTs, he said.

The 3rd Bde. went about its personnel downsizing with a real concern about each Soldier's future and in an effort to minimize individual stress, Vermeech said. The first step was to consider each Soldier's personal desires about reassignment or staying with the brigade for the new mission, he said.

A lot of Soldiers not already headed for assignments away from Fort Riley were matched with needs in other units on post and reassigned to them, Vermeech said.

The brigade conducted a "job fair" for those who didn't match local unit needs. Representatives of the Human Resources Command came to Fort Riley for the "job fair," Vermeech explained. They worked with individual Soldiers to fit them into assignments wherever they wanted to go, he said.

About 10,000 pieces of the brigade's big equipment never left the vehicle processing yard after the "Bulldogs" returned from Iraq, Vermeech said. That was the easiest equipment to

transfer because it was headed for other units or to depots for refitting, so it stayed there until it could be loaded back onto rail cars and moved, he explained.

About 40,000 remaining pieces of individual equipment created a lot of work for the brigade's supply specialists responsible for transferring it. A lot of that equipment went to other units forming on Fort Riley, Vermeech said.

Some went to the 4th Infantry Brigade Combat Team, some went to the Combat Aviation Brigade and the Division Support Command took a lot of it, he said. Some equipment was shipped to units at Fort Hood, Texas, and Fort Carson, Colo., he said. Smaller amounts went to Camp Taji, Iraq, he added.

With fewer people to house, the brigade began shifting unneeded facilities to organizations that were growing in size on Fort Riley. "When you downsize the organization's footprint (the area where its facilities are located), you want to minimize the number of times a Soldier has to move," Vermeech emphasized.

"If at all possible, you want them to move only once and avoid any kind of 'duffel bag shuffle,' moving from one billets to another and then to another, he said.

Vermeech expressed some pride in the fact that some re-assigned 3rd Bde. Soldiers didn't have to move because the brigade was able to transfer their barracks to the organization they were joining.

Some 3rd Bde. battalions have already assumed full responsibility for the MiTT training mission. The 1st Battalion, 4th Field Artillery, assumed responsibility for running the ranges on Oct. 1.

The 2nd Battalion, 70th Armor, assumed complete responsibility for cultural awareness training and 2nd Battalion, 34th Armor, assumed training tasks with Class 10 that started Oct. 16.

They assumed those responsibilities from 2nd Brigade, 91st Division (Training Support), Soldiers who have been training 1st Infantry Division and 3rd Bde., 1st Armored Div. Soldiers for the MiTT mission for the past several months.

An official ceremony to transfer authority for the MiTT training from 2nd Bde., 91st Div. (TS), to the 1st Inf. Div. is scheduled for 1 p.m. Oct. 24 at Ware Parade Field in front of the division headquarters.

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### Department of Defense

The Department of Defense POW/Missing Personnel Office has announced that the remains of a U.S. serviceman missing in action from the Vietnam War have been identified and will soon be returned to his family for burial with full military honors.

He is 1st Lt. James L. Hull, U.S. Air Force, of Lubbock, Texas. He will be buried Nov. 13 at Arlington National Cemetery near Washington, D.C.

On Feb. 19, 1971, Hull and a fellow crew member were flying a mission near the Laos/Vietnam

border when their O-2A Skymaster crashed. Both men died, but Hull's body was buried in the wreckage and could not be recovered because of hostile enemy action.

Between 1993 and 1997, the Joint POW/MIA Accounting Command led three investigations with U.S. and Socialist Republic of Vietnam teams, and one trilateral investigation with a Lao People's Democratic Republic team.

During the first investigation, the team interviewed a Vietnamese citizen who produced human remains and an identification tag for Hull that he claimed to

have recovered from a crash site located just inside Laos. The joint team was not allowed to cross the border and the investigation was suspended.

The Vietnamese turned over the bone fragment to U.S. officials, but the ID tag's whereabouts are still unknown.

Additional investigations yielded some information concerning a crash site located just inside the Lao border. The S.R.V. allowed a Vietnamese national to walk to the purported

crash site and collect a fragment of the wreckage. Based on the location, type of aircraft and retrieved wreckage, analysts determined it was Hull's crash site.

In May 2006, a joint U.S. and L.P.D.R. team excavated the site, where they recovered additional evidence and human remains.

For more information on the Defense Department's mission to account for missing Americans, visit the DPMO web site at <http://www.dtic.mil/dpmo>.

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# Commentary

Friday, October 20, 2006

Fort Riley Post

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## Riley Roundtable

**This week's question:****How has Fort Riley's growth affected you personally?**

**Wanda Diggs**  
Civilian employee  
Directorate of Contracting  
Hometown: Durham, N.C.

"I'll tell you one thing I see that I don't like - an increase in rent for Soldiers who live off post. I'm an ex-Soldier so I know they have trouble making bills. And I don't like property taxes going up."



**Nicole Gilbert**  
Civilian employee  
Child and Youth Services  
Hometown: "I'm a military brat. I don't have one."

"Mostly at my job. There's a big demand for child care and the lack of it affects military families a lot."



**Tim Lewis**  
Employee  
Hood Heating and Airconditioning  
Hometown: Concordia, Kan.

"It's really not affected me. I live in Concordia (Kan.) about an hour and 15 minutes away. I service Sprint buildings in this area. The post has tightened security."



**Christie Stover**  
Military spouse and Housewife  
Hometown: McLansboro, Ill.

"I'm meeting more people. There are more women my own age, more social groups. There are more military families living in Abilene (where she lives) and in the little towns in the surrounding area."



"Mainly, the thing that's changed the most is I have to leave 30 minutes earlier to get to work. The traffic on post and the crowd eating in the PX area."

**Sgt. Jaire Winesberry**  
Chemical operations specialist  
172nd Chemical Company  
Hometown: Tacoma, Wash.

### Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations.

Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or fax them to 239-2592.

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Your name (optional) and phone number (if you would like to talk about your ideas):

### Working together to meet goal

## Post workshop helps prevent violence

**By Carolyn Tolliver-Lee**  
FAP educator

This year's campaign slogan for the U.S. Army's observance of Domestic Violence Prevention Month is "Stand Up to Prevent Domestic Abuse-Together We Can Do It."

October is recognized nationally and throughout the Army as Domestic Violence Prevention Month. Fort Riley Family Advocacy Program began this year's campaign with a community-wide seminar titled "A Coordinated Response to Domestic Violence in Today's Military."

The guest speaker was Deborah Tucker, executive director of the National Center on Domestic and Sexual Violence, located in Texas.

Tucker formerly co-chaired the Department of Defense Task Force 2000-2003 that addressed the issues of domestic violence in the military. She has more than 30 years of experience pertaining to the prevention and education about family violence.



**Carolyn Tolliver-Lee**

The public was invited to attend this interagency approach toward addressing family violence prevention within the military community. Civilian social service organizations in attendance were from Geary, Riley and Potawatomi

Counties. The military community had representation from Social Work Services, Staff Judge Advocate's Office, chaplains, Irwin Army Community Hospital, Picernie Family Services, Child Development Center and Child and Youth Services.

Family Readiness Group leaders from Company D, 610th Brigade Support Battalion, and 1st Battalion, 28th Infantry, also attended.



October is Domestic Violence Prevention Month in the Army.

"There are three distinct reasons why people abuse their partners, Tucker emphasized. "People learn to abuse, people have an opportunity to abuse and, more importantly, people choose to abuse."

She further explained, "People learn to abuse in their family of origin by observation through modeling. They also learn by reinforcement that violent acts are effective ways to get what

they want."

The type of victimization which is commonly committed against women is rape or physical assault, according to the National Violence Against Women Survey completed in 2002. Tucker re-emphasized the importance of command involvement to reinforce the victim's safety and protection. Offender accountability is a responsibility which cannot be delegated, she said.

I believe the goal of the workshop was met: To eliminate the myths commonly associated with domestic violence within the military culture.

More importantly, it was an opportunity for individuals from civilian and military social services who have the potential of assisting military families undergoing family violence to become accurately informed. This collaboration is vital to bridge the military and civilian family support services together to address a common goal: meeting the needs of Soldiers and their families residing in our communities.

### Living with quitter isn't easy

## Nic-fits stretch limit of spouse's tolerance

**By Jacey Eckhart**  
CinChouse.com

Someone barked into the phone. The actual word was "hello." It sounded like "what is a sniveling peevish little wench like you interrupting my busy day?"

"Uhuh, Brad? Is this you?" I asked.

"Who did you think it was?" he snapped.

Suddenly I had visions of him in the middle of burying a body or shoving nine Vegas showgirls out the door.

"You sound kind of weird," I told him.

"Didn't you get my e-mail?" "Sure. One about how you can't attend that change of command and another one about how you gave up those Commit

lozenges."

Commit lozenges. Oh, I forgot. I'm not married to a nice man after all. I'm married to a heavily medicated nicotine addict.

This is surprisingly easy to forget. Since Brad is in the middle of a geographic bachelor tour, I can't taste the cigars any more. I rarely hear that tic in his throat over the phone. So I do forget that he is trying to quit smoking ... until he bites my face off. Then I remember.

When Brad first decided to quit, he started these Commit lozenges as a bridge to help him get over his cigar addiction. He started smoking cigars 10 years ago during a deployment to help him get over his addiction to smokeless tobacco, which he started using in college because he wasn't going to be like his parents and smoke.

The nicotine mind works in dangerous ways.

Yet, his new pit bull personality has me weighing how many years of Nic Fit Brad I can actu-



**Jacey Eckhart**

ally take. How long before I start buying big ol' stogies and placing them next to his plate like an extra fork or slipping Commit

lozenges into his box of Altoids? The guilt from that thought alone was enough to send me scurrying off to Mary Ella Douglas, director of training and education for the American Lung Association of Virginia. She told me that the irritability experienced by the person trying to quit is usually one of the main reasons people are afraid of quitting.

"Most smokers quit multiple times before they are successful, and being irritable with family members during the initial phase of quitting is one reason mentioned frequently as a 'back door' to keeping smoking," Douglas said.

...

Why did I not know that? I know people worry about gaining weight, but not that they worry about snapping at their families. When I got online for more info, I found multiple smoking cessation Web sites that said that nicotine is one of the most addicting substances on earth. Alcoholics and former drug users wrote in to say that nicotine was their worst addiction to give up by far.

Yeah, nicotine is supposed to be a worse addiction than heroin. No wonder Brad is a little edgy. Mary Ella Douglas said that this irritability will last weeks, maybe even months before the smoker is back to being his old self. "But he'll be back," she promised.

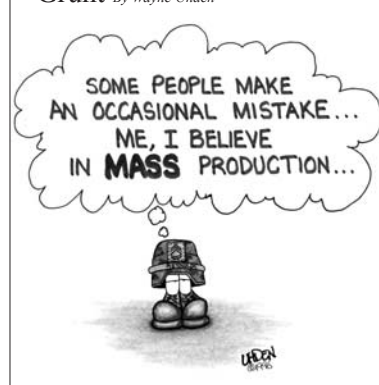
In the meantime, I can expect to love, honor and e-mail a guy who acts like his uniform was made from a Scotch-Brite pad. I'll be able to hear him mainlining pork rinds and pretzels in my ear.

That's all right with me. Really, it is. Because I'd rather live

with a pit bull for a few months, if it means I get to live with a quitter for the rest of my life.

A 19-year military wife, Jacey Eckhart is a nationally syndicated columnist and radio host with CinChouse.com, and the author of "The Homefront Club."

### Grunt By Wayne Udden



### FORT RILEY POST

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## Post, Army news briefly

### Job fair set for Oct. 27

Fort Riley's Army Career and Alumni Program will host a job fair from 9 a.m. to 1 p.m. Oct. 27 in Rooms 118C and 118D on the first floor of Building 210.

More than 30 national, international and local employers have indicated they will participate.

Resumes are not required but are encouraged.

For more information, visit ACAP in Room 6 of Building 210 or call 239-2278 or 239-2248.

### Dining hall open for families

The Main Post Dining Facility is now open to families on Saturdays and Sundays. Cost for family members will be the same as for Soldiers on Separate Rations.

Breakfast hours are 7:30 to 9 a.m. both days.

Lunch hours are noon to 1:30 p.m. Saturday and 11 a.m. to 1:30 p.m. Sunday.

Dinner hours are 4 to 5:30 p.m. each day.

### Parking spots reassigned

Parking spots in front of the Main Post PX formerly reserved for the commanding general and command sergeant major are now reserved for expectant mothers and the Noncommissioned Officer of the Quarter.

### Health fair scheduled

The 2007 Open Season Health Benefits Fair is scheduled for 9 a.m. to 2 p.m. Nov. 30 in Riley's Conference Center.

FEHB Plan representatives will be on-site to answer questions, provide information and distribute open season health care packets.

Occupational Health representatives also will be on-site to give free blood pressure checks.

# Soldiers ready for war every day

## U.S., South Korean forces train constantly for attack from North Korea

*Editor's note: The recent nuclear test by North Korea has nations around the world focusing their attention on possible threats the communist country could pose to them and the rest of the world. Since massive hostilities ended between members of the United Nations forces fighting in the Korean War, U.S. forces have remained in the southern half of the peninsula, defensive partners with South Korea. Their guard has never let down in the past half century.*

By Heike Hasenauer  
Soldiers magazine

WASHINGTON (Army News Service, Oct. 10, 2006) – "It's a country that time has forgotten," said Special Operations Command, Korea, Command Sgt. Maj. Richard Kimmich about North Korea.

"We have to be prepared for war 365 days a year, because we never know when Kim Jong-il [son of the late, but delegated 'eternal' North Korean president Kim Il-Sung] will say, 'We need to unify Korea today,'" Kimmich said.

The possibility of war is never far from people's minds, Kimmich said. A peace treaty between North and South Korea was never signed following the 1950 to 1953 Korean War.

### Invasion would come with little warning

And if the North chooses to invade, there will be little warning, said Kimmich, whose 82-person headquarters would swell to some 500 to form the Combined Unconventional Warfare Task Force.

North Korea has the fourth largest army in the world – composed of some 1.2 million active duty soldiers, more than 13,000 artillery systems and one of the largest submarine fleets in the world, according to U.S. State Department records.

"In 1991, when the United States and other nations were



Soldiers magazine

MAJ Jose Devarona, battalion executive officer of the U.N. Command Security Bn., looks toward the tall gray building that's the North Korean Visitor Center in the Joint Security Area, Panmunjom. The building to his left is the Military Armistice Building, where representatives of North Korea, China and the United Nations Command discuss DMZ violations. To the right is what U.S. and Republic of Korea soldiers call the "Monkey House," because North Korean armed guards are said to make rude and threatening gestures from the building when a meeting is taking place in the armistice building.

reducing the size of their military forces, North Korea focused on building up its force," Kimmich said.

In 1991, too, North Korea had 40 percent of its army positioned along the Demilitarized Zone some 25 miles north of South Korea's capital, Seoul, which is also home to U.S. Forces, Korea's Yongsan Garrison.

Today, 70 percent of the North Korean army is positioned at the DMZ, Kimmich said. And U.S. State Department reports indicate that the North "has perhaps the world's second largest special operations force, designed for insertion behind the lines in wartime."

Additionally, the reports reveal "North Korean forces have a substantial numerical advantage over

the South (between 2 and 3 to 1) in several key categories of offensive weapons – tanks, long-range artillery and armored personnel carriers."

### Satellite photos show differences

Ironically, nighttime satellite pictures of the divided peninsula show a bleak, black image of the North, which accommodates some 23 million people, versus a bright, vibrant image of democratic South Korea, or the Republic of Korea, population about 48 million.

To stay prepared for crises and war, SOCKOR participates in six

training exercises annually with ROK Special Warfare Command forces, including a counterterrorist exercise that focuses on marksmanship training, said Eighth U.S. Army spokesman Maj. Jerome Pionk.

Two of the exercises are Joint Chiefs of Staff-level exercises that involve all U.S. and ROK special operations forces, said Sgt. Maj. Jack Hagan of the 39th Special Forces Detachment, Det. K.

Attached to the 1st Special Forces Group, the detachment's 16 Soldiers work at 11 locations on the Korean peninsula, Hagan said.

"[U.S. SF Soldiers have] been training the ROK soldiers for 48

years, so we no longer concentrate on basic Soldier skills. Most of the training we conduct is concentrated on advanced skills and interoperability," he said.

### Training emphasizes advanced skills

It includes courses such as fast-rope master, jumpmaster, combat dive supervisor, water infiltration, over-the-water navigation, tactical air control, military free fall and airfield seizure, among others.

"As liaisons to ROK special forces units, we teach their teams to call in U.S. strike aircraft and coordinate for other U.S. assets, such as Army night aviation and intelligence," Hagan added.

Recently, ROK SF soldiers parachuted onto an airfield at low altitude at night and took control of the runway, allowing mock follow-on forces to come in within 30 minutes, Hagan said. "That was significant, because it was something they hadn't previously done."

Det. K Soldiers, master sergeants who serve as advisers to ROK army generals, trained about 1,000 ROK SF soldiers last year, Hagan said, using the "train-the-trainer" technique.

"We've maintained a legacy with Korean special forces, who supported us immediately after the Korean War and in Iraq and Afghanistan," said Col. Simeon Trombitas, commander, SOCKOR.

"As we learn lessons from our combat experiences, we share those with the Korean army. And we train them on changing systems," Trombitas said.

"The July 2006 missile launches by North Korea further demonstrated the need for the U.S. military presence in South Korea as a deterrent on the peninsula," he added.

"The U.S. and ROK special operations soldiers are at the highest level of proficiency I've ever seen. I have no doubts they're ready to do their nations' bidding," Trombitas concluded.

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Sgt. Stephen Jackson (left), Sgt. 1st Class Erasmo Evans (second from left), and Sgt. Johnny Gibson talk to Roch Byrne (right), director of Ammunition Operations, during their tour of the 81mm illumination round line.

U.S. Army  
Photo/Morgan



## Mortar team views ammo production

### 1st Bn., 4th Cav., Soldiers learn shell-making process

By Rachel Newton

Editor

Pine Bluff Arsenal Sentinel

Three "Big Red One" Soldiers of the 1st Battalion, 4th Cavalry, mortar team saw first-hand how the ammunition the fire is made at Pine Bluff Arsenal, Ark., Aug. 29-30.

Sgt. 1st Class Erasmo Evans, Staff Sgt. Steven Jackson and Staff Sgt. Johnny Gibson also thanked the arsenal's workforce face-to-face for what they do.

"It was nice to be able to see some of the things we actually use during our missions," Gibson said.

The Soldiers received red carpet treatment with a tour of the Directorate of Ammunition Operations, and lunch with the workforce during their first day at PBA.

"This was a great opportunity for our employees to meet and visit with their No. 1 customer," said Col. Brian Lindamood, arsenal commander. "Keeping closer ties to the warfighter will only

make us better at making the products they need."

Throughout their tour, the Soldiers visited several areas of the ammo production and load and pack lines and talked with the workers.

"We went to one of the illumination lines where they actually pack a parachute inside the round," Jackson said. "I actually got to do some hands-on with these."

One of the things the Soldiers said they were impressed with was the number of women working on the production lines.

"It took me back to the time where you used to see commercials about the women supporting the men in the Army while they were off to war," Jackson said.

Adrienne Jordan, an AO munitions inspector, got a chance to talk to the Soldiers during their visit to the 81mm production line.

"When I told them I was an inspector. One of the Soldiers asked me what qualified me to be an inspector and asked me how long I had been here," she said. "I told him I had been here nine

years and he was satisfied with the answer."

Evans said that actually seeing the production process showed him what went into the end product. "All we do is fire them," he said. "We got to see how it is broken out from simple parts to a finished product."

"You don't think about when you actually get the round about all the little things that go into it," Gibson said. "When you get it, you just rip open a box and pull out a round."

Evans pointed out that it seemed like a lot of things today are computerized, hands-off and machine manufactured. "It was nice to see that this production was hands-on with a person putting it together," he said. "It has to be made to make things safe for us. We can trust that equipment."

Lindamood said that feedback from the mortar team will allow PBA to make improvements in the munitions. "They had a number of human factors and engineering suggestions that will greatly enhance the performance of the

mortar munitions we make," he said.

"I never really thought people made the munitions we use," Jackson said. "We know better now and understand that they are made with quality and safety in mind."

Roch Byrne, AO director, said he visited with the Soldiers and explained the organization and mission of the directorate.

"I got to explain to them how we work as a unit and a team to put the quality product out the door and into their hands," he said. "We don't get to visit with the end user too often."

He said that one of the greatest things during the visit was that the workforce got to shake hands with and actually talk with the Soldiers. "They got to thank the touch-labor force first-hand," he said. "During the tour, we walked them through each line pretty extensively."

"The Soldiers came away with a new perspective on what it takes to supply and sustain the fight," Lindamood said.

## Transition team class graduates

### Course completion raises grad number to about 360

Spc. Shaina Howard

1st Inf. Div. PAO

Family members and friends cheered as officers and noncommissioned officers of Military Transition Team Class 005 graduated Oct. 11 at Fort Riley's Kapaun Chapel on Custer Hill.

The ceremony marked the graduation of nearly 360 team members who have been trained at Fort Riley since the post began the training June 1. Transition teams normally consist of 10 to 12 members.

Military Transition Teams, or MiTTs, are teams that embed and train with host nation military forces in Iraq and Afghanistan. MiTTs advise the security forces in military intelligence, communication, fire support and logistics skills and operations as well as infantry tactics.

The graduation ceremony's guest speaker, Brig. Gen. James Yarbrough, assistant division commander for operations, told the new class of graduating MiTT members, "Your day-to-day existence out there on the streets with

the Iraqi Security Forces allows the transition to occur from U.S. forces to Iraqi forces; it sets the stage for what is to come." Transition team training prepares teams to train, mentor and advise Iraqi and Afghan security forces, and their training is based on core competencies: combat skills, force protection, team support processes, technical and tactical training, adviser skills, counterinsurgency operations and understanding the culture.

"You are a force multiplier — pushing the (Iraqi Security Forces) forward, making them more capable to create the environment, so we can achieve what we set out to do," Yarbrough said.

The MiTT is one of the most important elements in the foundation for success in Iraq, said Sgt. 1st Class Carl Day, a MiTT member with Company D, 101st Forward Support Battalion.

"The mission we have is an important element in helping American forces leave Iraq," he said. "This graduation ceremony is the transition from training phase to our execution phase," he added.

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## Post, Army news briefly

### 21 people set to retire

October retirees will be honored at a ceremony beginning at 10 a.m. Oct. 25 on Ware Parade Field in front of the post headquarters.

Being honored are:  
Maj. Michael S. Couthard, U.S. Army Medical Department Activity Chief Warrant Officer Lisa M. Medrano, 1001st Military Police Battalion

Command Sgt. Maj. Carlos J. Alersmillan of Headquarters and Headquarters Company, 1st Bn., 13th Armor

First Sgt. Mark E. Schoch of HHC, 1st Bn., 13th Armor  
First Sgt. Michael G. Worthy of HHC, 1st Bn., 16th Inf.

First Sgt. Michael P. Summers of Company C, 1st Bn., 13th Armor  
Master Sgt. Matthew R. Thompson of HHB, 1st Bn., 5th Field Artillery

Master Sgt. Keith W. Finney of HHB, 1st Bn., 5th FA  
Sgt. 1st Class Eloise B. Luckett of HHC, 1st Inf. Div.

Sgt. 1st Class Christopher J. Gast of HHB, 4th Bn., 1st FA  
Sgt. 1st Class Kevin E. Hunter of HHB, 1st Bn., 5th FA

Sgt. 1st Class Alonzo D. Franklin of Co. C, 1st Bn., 16th FA

Sgt. 1st Class Jerrell D. Sweeney of HHC, 1st Brigade

Sgt. 1st Class Joseph R. Dirks, H Troop, 1st Cavalry

Sgt. 1st Class Kevin M. Stricklen of Detachment M, 2nd Battalion, 648th Area Support Group

Staff Sgt. Lolita J. Worthy of 1st Replacement Company

Staff Sgt. Dewayne R. Bibb of 596th Signal Company

Staff Sgt. Eddie L. Swient of Co. A, 1st Bn., 34th Armor

Staff Sgt. Christopher M. Jacobs of Co. B, 125th Forward Support Battalion

Sgt. Glen E. Sayarot of Co. B, 101st FSB, and

Mrs. Vesta Varga of MEDDAC

# USAREUR CG: Germany still vital

By Ray Johnson

USAREUR Public Affairs

WASHINGTON, D.C. (Army News Service) — U.S. Army, Europe, will continue to provide trained and ready forces to fight in the war on terror, said the command's top officer Oct. 11 during the Association of the U.S. Army's annual convention in the nation's capital.

"We must ensure combatant commanders in Iraq and Afghanistan have every capability they need against adversaries who are unconstrained in trying to achieve their ends," said Gen. David McKiernan, USAREUR commander.

Addressing several hundred attendees, the general focused on current and future concerns, such as transformation, Coalition partnering and training.

McKiernan said USAREUR is modifying its forces and installations to accommodate the Army's transformation to modular brigade combat teams as its primary war fighting unit and to provide joint and combined multinational training facilities.

For example, the 2nd Stryker Cavalry Regiment stood up in Vilseck, Germany, last month, he said.

The 173d Airborne Brigade Combat Team, headquartered in Vicenza, Italy, will complete modularization over the next few months to become USAREUR's other permanently stationed brigade combat team, he added.

In 2007, the command will begin testing plans to rotate BCTs through eastern Europe for what will be known as Joint Task Force-East, the general said.

Under the plan, brigades will

"Our Coalition partners look to us as a model as to how a military needs to perform today and how it needs to perform tomorrow."

— Gen. David McKiernan  
Commanding General, U.S. Army Europe

rotate in and out of forward operating bases and training areas in Bulgaria and Romania, two of NATO's newest members.

McKiernan said the arrangement benefits all involved. State-side BCTs will hone their deployable skills while various European armies, including those of the former Warsaw Pact, will be offered opportunities to enhance their capabilities.

"Our Coalition partners look to us as a model as to how a military needs to perform today and how it

needs to perform tomorrow," he said.

"They are learning our system of growing noncommissioned officers and how we adapt to a changing world," he said.

Helping to drive part of USAREUR's transformation is the Joint Multinational Training Command, which McKiernan said "is right out the back door for the 2nd SCR, which will help them stand up as a fully networked brigade combat team."

He said JMTC is the principal

training center for USAREUR and U.S. Air Forces, Europe, and an increasingly attractive exercise area for allied forces.

Despite the number of USAREUR Soldiers deployed to fight in the war against terrorism, the command has maintained a packed exercise schedule, McKiernan continued.

Recent exercises critical to strengthening security and building cooperation between partner countries in Europe teamed USAREUR troops with forces from Bulgaria, Romania and Ukraine.

The command is also engaged in an ongoing training project with the Republic of Georgia.

To ensure that we can sustain the full range of tomorrow's global commitments, we must build future coalitions today," the general said. "USAREUR is all about making this happen."

## 2nd Bn., 34th Armor, takes on MiTT training

By Maj. Michael Ernst

2nd Bn., 34th Armor

About 300 Soldiers of 2nd Battalion, 34th Armor, assumed unassisted responsibility Oct. 16 for training Military Transition Teams in Class 10.

The Soldiers of Class 10 will perform duties as National Police Transition Teams when they deploy in support of Operation Iraqi Freedom after their training.

The first day of training was busy, with the Soldiers of Class 10 conducting leadership and team

building training at the obstacle course, drivers training, improvised explosive devices awareness and countermeasure training, primary marksmanship instruction, land navigation and language training.

While Transition Teams have been training at Fort Riley for many weeks, Class 10 is the first to be entirely the responsibility of 1st Brigade. The 2nd Bn., 34th Armor, is the lead unit for the class.

Battalion Commander Lt. Col. David Seigel noted his unit's enthusiasm and said, "We are

excited to finally start it all off and proud to be the first battalion in the 'Big Red One' to get to do this mission entirely."

He went on to explain that prior transition team training was accomplished through a joint effort between the 1st Bde., 1st Infantry Division, and the 2nd Brigade, 91st Infantry Division (Training Support) from Fort Carson, Colo. The Colorado trainers will complete the training for classes at Fort Riley who started before Class 10 and have not yet deployed.

The 2nd Bde., 91st Div., is a

training support brigade composed of active and reserve component Soldiers from several states and headquartered at Fort Carson. Maj. Jerry Schulz, the 2nd Bn., 34th Armor, operations officer explained: "The 2nd Bde., 91st Div., played an instrumental role in allowing the (1st Bde.) to assume this mission and train these teams. Their cooperation has been outstanding."

Transition team training at Fort Riley is aimed at preparing transition teams composed of Soldiers, Sailors and Airmen with widely different backgrounds to conduct

missions in Iraq and Afghanistan.

"We're ready to go," said Command Sgt. Maj. Douglas Falkner, the battalion's senior noncommissioned officer. The battalion's companies are established in their Camp Funston facilities, the Soldiers are trained and the battalion is ready to continue its proud tradition of service, he said.

By the end of November, the remainder of the battalions within 1st Bde. will join 2nd Bn., 34th Armor, at Camp Funston to train transition teams, as battalion officer said.

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# Soldiers write home about experiences in Iraq

*Editor's note: The following e-mail letters were sent to Fort Riley recipients by Soldiers deployed to Iraq. Spc. Jordan Hanford begins by apologizing for not taking more time to write people at home.*



## Iraqi Freedom

Sorry it took me so long to send you any kind of word, but I had to take a five-day trip to another camp to get the PBUSE class so I can rule the supply room, and I know you might not believe this but I did stuff while we were waiting to come north.

Honestly, thus far I've been horrible about communicating with people that are important to me, so I think this is a good indicator. I've only called my family five times since departure from the CONUS world....

I had your e-mail address packed away in my assault pack and just kept forgetting to bring it with me.

For a while I was only carrying my ID card and not my whole wallet, so I couldn't possi-

bly spend money anywhere. My goal is to only spend on personal hygiene for this trip's year so I can be way ahead of the game when it comes time to get back in the classroom.

As soon as I can figure out where the DSN phones are and how to work them, I will call; but it seems that the phone lines here in the MWR are pay phones or calling card phones or something.

I know as of 1 October we aren't supposed to be allowed to make long distance calls on the Army's dime. If it is how it seems now, I will cave and buy phone cards. It's not that big of a deal, just sticking to a principle, you know?

Ah, my time's up; this Internet's kind of slow. You take it

easy, and I'll redouble the funds in the "stay in touch" account. WOLFHOUSES!!!

**Spc. Jordan Hanford**  
**Company C,**  
**1st Battalion, 16th Infantry**

...

Hey guys,  
How have you been?  
I'm fine here.

I've been learning how to do some movie making, and I'm getting pretty good at it. Some of the stuff I've been doing is getting pretty good, too. My intent is to have a picture and music CD put together to send to families for the holidays.

Some say I have too much time on my hands, but what else is there to do at midnight when you are waiting for a patrol to come in? You can only pace for

so long.

You'll never know what it's like to send men out in danger's way. You feel like you should make them stay and go out yourself, but you can't because you have to show trust to them, and you can't do everything yourself.

There are so many patrols that go out, we could never go on them all, even split up between (the first sergeant, commander and me).

You have to let the platoon leaders and platoon sergeants go on patrol.

And when you already have a PL, a PSG, and one of us top three guys, you can't overload the patrol with rank.... just makes for bad ju-ju.

You have to let the PLs and PSGs do their job, and they have the same worries you do for their guys.

The company commander and

I shared a minute where we just looked at each other and said we both had sour stomachs. I tried to pull him away after the patrol went out, but it took me almost an hour to get him away.

We are both just like dads with our first kid going out on a date. You just have to let go and trust them and the fact that you've trained them, and they've done

everything right. They'll continue to make the correct decisions and do great. That's all you can do.

But you still stay up and worry... and you can only pace for so long.

**1st Lt. Richard Martin**  
**Executive officer**  
**Company B,**  
**1st Battalion, 16th Infantry**

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Post/Heronemus

Danielle Bega-Silva writes suggestions of off-post activities that could be listed in a teen welcome packet recommended by the high school group participating Oct. 4 in the Army Family Advocacy Program Teen Conference at the Fort Riley Teen Center. Participating in the discussion were Jacoby Adams (left), Elias Gualalupe (rear) and Alisabeth Belt (front center) and other high school students living on post.



Post/Heronemus

Participants in the middle school Army Family Advocacy Teen Conference listen Oct. 14 as Fort Riley Middle School Principal Joe Handlos (front right) responds to some of their concerns about frequent thefts at Fort Riley. The group was developing ideas about ways to reduce the number of thefts.

## AFAP

continued from page 11

dle School and about the small size of the post library.

Each group worked to decide on the most important issues for Fort Riley leaders to address in the coming year.

The high school group planned to present its findings about the welcome packet, teen news and playground safety at the conference's concluding meeting Oct. 18. The middle school group planned to present its findings on school thefts and the library.

Information the teens said would be helpful in a welcome packet included recreational opportunities, lists of off-post activities, list of school phone numbers, a better map of the post and maps of Junction City and Manhattan and education classes other than at school, such as the Red Cross baby-sitting class.

A sub-issue the high school group raised while discussing information needed in a welcome packet concerned the lack of public transportation available on post. That lack means teens can't get to places they would like to go because they don't have vehicles and parents are unable to take them.

Buses traveling a designated route and time schedule would allow teens easier access to the Teen Center, library, PX, sporting events and other places they would like to go, they pointed out.

Teens could only use the bus if they had a bus pass purchased by their parents, they suggested.

The high school group seemed most excited about developing a TV program just for teens. Such a program could include information about upcoming sporting events, a calendar of other events and general information about teens and what they are doing, they said.

Maj. Gen. Carter Ham and his

wife attended both groups' discussions for a while, and Ham thanked the teens for giving up their Saturday, especially one as beautiful outdoors as Oct. 14 was, to represent their fellow teens in discussing issues that concern them all and to look for possible solutions to those concerns.

### Middle school participants

Alejandro Parham  
Ta' Tanya Gaddy  
Jessie Robinson  
Shelly Ingram  
Kurtis Crutchfield  
Natasha McKee  
Ethan Hokanson  
Alyssa Cover  
Jessica Bunn  
Kevin Vacanti  
Emily Ebersole  
Benica Cadenhead  
Kodiak Beville  
Tyler Herrington  
Taylor Ritz  
Ricky Santiago

### High school participants

Elias Guadalupe  
Jacoby Adams  
Chelsea Hagler  
Alisabeth Belt  
Casey Elliott  
Julia Nwoga  
Thomas Miskevish  
Samuel Nwoga

### Adult conference

Adult representatives participating in the annual Army Family Action Plan Conference met Oct. 17-18 at Riley's Conference Center. They presented their primary issues and recommended solutions to the post leadership Oct. 18, before the teens presented their issues. A story about the issues presented and recommended solutions will appear in the Post Oct. 27.

## Heritage

continued from page 11

going to become judges and attorneys ... but what it does do is that it puts that benchmark a little bit higher for them."

Segarra was born in New York and moved to Puerto Rico at age 13. After transferring to Kansas State University from a university in Puerto Rico, Segarra briefly returned to Puerto Rico before coming back to Kansas to get her law degree at Washburn School of Law in Topeka.

Before being appointed to the position of District Magistrate Judge in September 2004, Segarra worked for the North Central Regional Public Defenders Office in various roles, including chief public defender.

Hispanic Americans have served in every major conflict and there are more than 51,000 serving in the Army today. One of those 51,000, Staff Sgt. Julio Dominguez, also shared his story with the crowd.

Dominguez, who was born in Mexico and grew up in California, said he always knew he would join the military. "To me, the United States is the land of opportunity, home of the free and I believe that," he said.

The Equal Opportunity Office will host a Native American Heritage Month Observance at 11:45 a.m. Nov. 8 at Riley's Conference Center.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.

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# Fort Riley Middle School announces 1st 6-week honor roll

Fort Riley Middle School officials have released the names of students making the Principal's Honor Roll and Trooper Honor Roll for the first six weeks of school.

Students must have a 3.5 grade point average or higher and no C's on their report cards to make the Principal's Honor Roll.

Students must have a 3.0 to 3.49 GPA and no more than one C on their report card to make the Trooper Honor Roll.

## Principal's Honor Roll

### Sixth Grade

Sage Albright  
Cheyenne Bacon  
Ashley Bales  
Scott Beadles  
Emma Beckert  
Scott Blevins  
Kei'Anna Boykin  
Bianca Cadenehead  
Leslie Cargill  
Andrew Coelho  
Patricia Counts  
Jaylin Doane

Taylor Druse  
Emily Ebersole  
Stazjha Evans  
Jeremy Fiedler  
Michael Forshey  
Mary Frazier  
Karilynn Frey  
Ryan Fuller  
Cheyenne Gill-Richardson  
Victoria Gochenouer  
Pedro Gonzalez  
Phylicia Graves  
Heath Hardy  
Jasmine Henderson  
Darroques Hernandez  
Tyler Herrington  
Grayson Hertel  
Jeremiah Holland  
Ronald Jackson  
Jo Johnson  
Alexis Jones  
Caitlyn Kelly  
Sierra Kelly  
Angel Kimble  
Caleb Krueger  
Ashley Leturgez  
Samantha Lewis  
Destinee Lockhart  
David Longino  
Madison Lowery  
Evan Mahoney  
Rebecca Mann  
Rebecca Manigal  
Miguel Mendoza

Whitney Moore  
Christopher Nelson  
Taylor New  
Elissa Newhart  
Laura Nivens  
Tandeka Nunn  
Kimberly O'Connor  
Reannah Pittman  
Sara Pool  
Arianna Ramon  
Kristi Rasperry  
Cayley Reeves  
Trista Rich  
Joseph Righter  
Samuel Righter  
Ivan Sarabia  
Christin Scott  
Alexandre Simmons  
Rashaan Simmons  
Christopher Smith  
Justin Smith  
Megan Smith  
Trail Spears  
Bryan Stobbins  
Brenton Steward  
Jonathan Sutphin  
Jalin Tedford  
Tyler Thomson  
Jasmine Tuitt  
Kevin Vacanti  
Cherokee Van Ness  
Rachelle Vandermark  
Erika Veasy  
Ashley Weaver

Alexis Williams  
Aaron Wiseman  
Samantha Zaborski

### Seventh Grade

Jocelyn Aguilar  
Elisha Bailey  
Shameice Banks  
Kendra Baskin  
Dallas Behrens  
Derrian Bibbs  
Maggi Birchmeier  
Clarissa Bohrer  
Shade Bornemann  
Jonathon Boyd  
Brandika Cadenhead  
Austin Cargill  
Courtney Clyde  
Brittany Cook  
Johnathan Dirks  
Eric Dixon  
Kyle Dyson  
Caleb Elliott  
Mark Emmer  
Nicole Farver  
Jaelyn Gadson  
Daniel Genson III  
Medina Gregory  
Zachary Grindstaff  
Kayla Haack  
Gabriel Hanson  
Weslie Hatfield  
Gregory Haug Jr  
Ashley Herrera  
Kadesia Johnson  
Emanuel Kuel  
Precious Laupati  
Aisha-Shamika Lockhart  
Rose Lucero  
Alyssa Moenning  
Brandon Nylan  
Katrina Obrien  
Kretchen Olmeda  
Evergreen Osa  
Michael Pappal  
Blake Parker  
Jermaine Phillips  
Taylor Pittard  
Taylor Pitz  
Taylor Poppo  
Bryana Bayless  
Dylen Raastad  
Tevin Raines  
Rafael Rodriguez  
Vittoria Rose  
Nicole Santiago  
Katherine Seigel  
Jose Sierra III  
Matthew Solis  
Brandon Steward  
Issac Taylor  
Joshua Tutman  
Coltyn Vazquez  
Clayton Vermeesch  
Hannah Vilorio  
Alexander Weaver  
Michelle Westerman  
Jonathan Wolford

Christopher Fortin  
Elizabeth Grammel  
McKenzie Hardy  
Amanda Hernandez  
Jawan Herron  
Brendan Higginbottom  
Connor Howard  
Lillian Irwin  
Zachary Jones  
McKenna Kelly  
Leah Kundel  
Natalie Kundel  
Kimberly Lee  
Melissa Leturgez  
Michelle Lewis  
Kaitlin Mahony  
Luis Marengo  
Kasha McDougald  
Nathan McFarland  
Julie Miller  
Alexis Miskevish  
Kassandra Niola  
Kiara Ocasio  
Sarita Pacheco  
Austin Parton  
Trevor Pond  
Dominika Pullmann  
Kelsey Robinson  
Ashley Rogers-Floro  
Zachary Sankey  
Samantha Satterlee  
Valerie Serna  
Kayla Smart  
Bettina Smith  
Teasia Snowden  
Hanna Sul  
Ashley Thomas  
Samantha Van Riper  
Samantha Veasy  
Damian Wilkinson  
Frankie Zachar VII

### Seventh Grade

Jasmine Bachman  
Grant Baublitz  
Amy Belcher  
Tara Chapman  
Christian Cole  
Alexander Crespo  
Abigail Ebersole  
Reyna Gonzalez-Brieva  
Austin Hansen  
Mason Holbert  
William Huff V  
Nikki Jeter  
Damaris Jimenez  
Nicole Love  
Tyler Manley  
Ryan McClosky  
Chadd Miller  
Kaitlen Moser  
MacKenzie Moser  
Lauren Moss  
Zachary Motes  
Joshua Nunez  
Alejandra Parham  
Ashley Peebles  
Nathan Peterson  
Ariel Phipps  
Audriana Rivera  
Courtney Robinson  
Nathaniel Sankey  
Devorian Sieg  
Paul Theriault  
Dawnia Tinsman  
Dakota Wagenblast  
Ashley Wente  
Elizabeth Yeast

## Trooper Honor Roll

### Sixth Grade

Anthony Aponte  
Alyssa Bachman  
Eljha Barrett  
Bryana Bayless  
Terri Blakes  
Brittney Boushie  
Marquell Caldwell  
Kevin Carrion  
Tiffany Carroll  
Megan Clemens  
Brandon Cole  
Marisah Connors-Skelton  
Brandon Cook  
Andrew DeBray  
Kayla Dyson  
Mikaela Emery  
Joani Franceschi  
Hannah Gorton  
Marquis Graves  
Paul Harris  
Ja'Shawn Heatley  
Ryan Hoyt  
Elias Jimenez  
Jason Judd  
Miranda Lands  
Shavon McGhee  
Kayla Mendoza  
Landon Moss  
Jordan Muller  
Stephanie Muniz  
Cornelius Nauta  
Haley Parker  
Yairan Perez-Cuevas  
Jordan Pittard  
Darius Profit

### Eighth Grade

Tabrianish Allen  
Megan Black  
Cory Brannon  
Rebecca Dirks  
Ricky Dorrel  
Attallah Fetzgerald  
Roy Glenn  
Erin Gyuran  
Zachary Hopkins  
Joseph Lannon  
Brittany Lavallaur  
Lisa Lobo  
Keonna Martin  
Aaron Mayzel  
Shaun McNemar  
Deonte Monigan  
Quaneisha Montgomery  
Paricia Nauta  
Courtney Paige  
Kellie Richards  
Chelsey Riggs  
Kelby Robinson  
Guelmi Salgado  
Dylan Soper  
Michael Vacanti  
Justice Van Ness  
Devante Venus  
Robert Walker  
Alyssa Wilkerson



## Improvements increase post park safety

### Staff report

Playing is a little safer at Wyman Park these days.

Employees of Fort Riley's Directorate of Public Works have completed work that removed unsafe equipment from the lower playground at the park and repaired the playground area on the upper level.

"The problem with the upper area was the distance between the ground and the end of slides," said Keith Jevons, who oversaw the work.

To fix the situation, the PW crews removed the rubber edging around the playground and raised the ground level with fill dirt. They also sloped the area for better drainage before reinstalling the edging and filling around the equipment with new wood chips.

The crews reseeded the entire park area and made a gravel walk from the parking lot to the play area, Jevons said.

The project cost about \$8,000 in materials and labor and took several hundred hours to finish, he said.

**Children play at Wyman Park Oct. 14, enjoying what has been made a safer place to play because of recent upgrades to the area by employees of the Directorate of Public Works on Fort Riley.**

Post/Heronemus

## Breast cancer continued from page 11

Benign tumors are not cancer. Eighty percent of all breast tumors are benign. They can usually be removed, and in most cases they don't come back. Most important, the cells in benign tumors do not invade other tissues and do not spread to other parts of the body. Benign breast tumors are not a threat to life.

Malignant tumors are cancer. The cancer cells grow and divide out of control, invading and damaging nearby tissues and organs.

Cancer cells can also break away from the original tumor and enter the bloodstream or lymphatic system. This is how breast cancer spreads and forms secondary tumors in other parts of the body. This spread of cancer is called metastasis.

Common to all women are daily lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity,

alcohol use and smoking. Besides possibly reducing breast cancer risk, lifestyle improvements represent smart steps for a healthier life because they can help prevent heart disease, diabetes and many other chronic, life-threatening conditions.

Decrease daily fat intake, especially saturated or hydrogenated fats. Eat leaner meats and limit consumption of red meat. Reducing fat intake helps prevent other health problems, such as heart disease and stroke, and may reduce the chance of developing breast and colon cancers.

Increase fiber in the diet. Fiber is found in whole grains, vegetables and fruits. This type of diet is beneficial for the heart and can help prevent other cancers, such as colon cancer.

Eat fresh fruits and vegetables. In addition to their fiber content, fruits and vegetables have antioxidant properties and micronutrients that may help prevent some

cancers.

Limit alcohol intake. Evidence suggests that a small increase in risk exists for women who average two or more drinks per day of beer, wine or distilled liquor.

Maintain an active life style. The U.S. surgeon general recently reported that a person can help prevent many health problems by engaging in a moderate amount of physical activity, such as taking a brisk, 30-minute walk, on most days of the week.

Strive to maintain the body weight recommended by a health professional because excess fat may stimulate estrogen production.

Don't smoke. Although smoking doesn't cause breast cancer, it can increase the chance of blood clots, heart disease and other cancers that may spread to the breast.

For more information, log on to [www.nbcam.org](http://www.nbcam.org) or contact your provider.

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## Dance continued from page 11



Kuznetsova has always been fascinated by the eastern culture and the femininity that is associated with eastern dancing. Her fascination with the dance has taken her all over the world to work and study.

Besides working in Russia as a belly dancing instructor, Kuznetsova also worked and performed in Turkey, Egypt and now Kansas, after marrying a Soldier she met at the University of Northern Iowa while working on her master's degree.

A big misconception about belly dancing is that it is all tribal belly dancing, Kuznetsova explained. Tribal belly dancing originated in the United States and focuses more on the energy that a person carries inside, she said.

Kuznetsova dances raks sharqi, which basically translates to oriental dance, but it's very Egyptian, she said. It's characterized by its bright costumes, bright colors and lots of smiles, she said.

Smiling is one thing Kuznetsova often reminded her students to

### More information:

**Web site:** [www.lovebellydance.com](http://www.lovebellydance.com)

#### Belly dancing classes

**When:** 1:30 and 5:30 p.m., Tuesdays and Thursdays

**Where:** Next Step Dance Studio, Grandview Plaza

**Cost:** \$40 per month or \$5 per class

**When:** 8 p.m., Tuesdays and Thursdays

**Where:** Pro Fitness, 1125 Laramie St. # H, Manhattan

**Cost:** \$40 per month or \$5 per class

do as they concentrated on mastering the moves they learned in class. The students have already learned one dance and are working on a second one, a veil dance.

Kuznetsova has been teaching in Kansas for two months, but she welcomes new students to her class at any time. Her students range from age 10 to 40 and older.

Besides being a beautiful form of dance, belly dancing can provide a great workout. The philosophy behind the dance shouldn't

be ignored though, Kuznetsova said.

"Belly dance and yoga and pilates, they all have their philosophies; and, if you kind of leave this philosophy away, you won't get as much as you can," she explained. "It just becomes a great workout when you know what you are doing."

Knowing what to do takes more than just one class, she said. "It's as difficult as any other dance. It's easier because every-

one can learn it, but it's not going to be just like you take one class and you know how to belly dance."

Kuznetsova took eight years of ballet and performed professionally on stage. She felt fit from dancing ballet but said she didn't feel coordinated in terms of being able to isolate certain muscles as well.

Now, after learning to belly dance, she feels like she understands where her muscles are and it helps with more than just dancing.

"It helps me in my life in general," she said, explaining how when she is stressed she can focus on relaxing certain muscles.

"I really hope people will think about belly dancing differently than they used to," Kuznetsova said. "It's about being beautiful, being happy with yourself and with your body, being healthy, too."

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.

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# Fort Riley Sports & Recreation

Friday, October 20, 2006

America's Warfighting Center

Page 15

## Sports news in brief

### Basketball officials clinic set

A basketball officials clinic is scheduled at Long Fitness Center, Building 8069, Nov. 4 for anyone wanting to officiate basketball on Fort Riley this season. This clinic will be for any new officials as well as for seasoned veterans.

The clinic will run from 8 a.m. until about 2 p.m. The clinician will cover the 2006-2007 NCAA rules with officials mechanics and floor positioning.

Participants should come prepared to actually do floor work with basketball teams scrimmaging. Prospective officials should dress accordingly with a whistle, sweats and sneakers.

For more information call Barry Sunstrom at 239-3945.

### Wrestlers needed for tournament

Wrestlers are being invited to enter the post wrestling tournament scheduled for Nov. 14. Deadline for entering is Nov. 7.

About 35 wrestlers are needed to have a tournament, said Barry Sunstrom, post intramural sports director.

Matches will be contested in nine weight classes: 119 pounds, 128 pounds, 139 pounds, 152 pounds, 167 pounds, 187 pounds, 214 pounds, 245 pounds and 276 pounds.

Wrestlers will weigh in at King Field House between 8 and 10 a.m. Nov. 14.

Awards will go to the first- and second-place teams entered, the first- and second-place individual in each weight class and to one outstanding wrestler in the tournament.

For more information, call 239-3945.

### Field house activities listed

Oct. 23 – 9 a.m., Turbo Kick

Oct. 23 – 12:15 p.m., Target Tone

Oct. 23 – 6 p.m., Cardio Pump-Step aerobics

Oct. 24 – 9 a.m., Spinning

Oct. 16 – 12:15 to 12:45 p.m., Target Tone

Oct. 16 – 6 p.m., Cardio Pump-Step Aerobics

Oct. 24 – noon, Hip Hop Aerobics

Oct. 24 – 6 p.m., Spinning

Oct. 25 – 9 a.m., Turbo Kick

Oct. 26 – 6:30 a.m., Spinning

Oct. 26 – 9 a.m., Spinning

Oct. 26 – noon, Hip Hop Aerobics

Oct. 27 – 9 a.m., Turbo Kick

Oct. 27 – 12:15 p.m., Target Tone

Oct. 27 – 6 p.m., Cardio Kickboxing

For more information, call 239-2813.

### Pool classes, activities listed

Oct. 23 – 5:45-6:30 p.m., Abs/Buns & Thighs

Oct. 24 – 5-6 p.m., Water Aerobics

Oct. 25 – 5:45-6:30 p.m., Abs/Buns&Thighs

Oct. 26 – 5-6 p.m., Water Aerobics

For more information, call 239-4854.

## Fitness guru meets with Soldiers

By Staff Sgt. Kevin Lovel  
363rd MPAD

CAMP LIBERTY, Iraq (Army News Service) – Billy Blanks – fitness guru, martial artist, actor and creator of Tae Bo – stopped at the 4th Infantry Division Field House at Camp Liberty, Iraq, early in October to work out with Multi-National Division-Baghdad Soldiers and teach them to blend

mental and physical fitness to meet their personal goals.

Most Soldiers said they enjoyed the exercise session and motivational talk.

"It was outstanding because I've been a fan (of Blanks) since 1999, and I've been working out by using his DVDs since then," said Master Sgt. Gema Winston, communications security specialist, Division Troop Company,

Special Troops Battalion, 4th Inf. Div. "Him being here in person brings it all together."

"It was great to work out with him in person," added Staff Sgt. Corinne Peterson, automated logistical specialist, Headquarters and Headquarters Company, STB, 4th Inf. Div. "He inspired me to keep going, and he made sure we did the exercises correctly. It's a different workout than regular

physical training."

Blanks thanked the Soldiers for their efforts and accomplishments over the course of their deployment before beginning his motivational talk.

"It's been an honor to be in your presence. I appreciate what you do and all the hardships you go through being away from your families," Blanks said.

Physical and spiritual fitness is

essentially the same for everyone, regardless of their station or situation in life, said Blanks.

"Everybody wants the same results; everyone wants to be happy," said Blanks, adding that physical fitness is a key component for people "who want to get their lives in order. How can you control something else in your life when you can't control your own

See *Tae Bo*, Page 18

## Pumping up



Post/Heronemus

Capt. Brandon Carroll, at Fort Riley for training with a Military Transition Team, works out Oct. 17 with a dumbbell in the free weights section of the renovated Robinson Fitness Center.

## Fitness center returns to intended use

By Mike Heronemus  
Editor

Robinson Fitness Center returned to being a fitness center this month after three years as primary readiness processing site for Soldiers deploying to Iraq and Afghanistan.

Fort Riley began planning to refit the facility as a fitness center in January 2006, said Jim Westerhaus, post sports director. "We wanted to reconfigure the facility into a complete fitness area so units could use circuit training during PT (physical training) to improve their fitness level," he said.

Ideas about what would be needed in the fitness center began to take shape earlier than that, said 2nd Lt. Jason Ryncarz of

Company C, Special Troops Battalion, 4th Infantry Brigade Combat Team. He became the ultimate project officer after Brigade Commander Col. Ricky Gibbs asked Lt. Col. Joseph Birchmeier, STB commander, to develop a concept for what he saw as the ultimate in a Soldier fitness training facility.

Before new exercising equipment could be installed, workers with the Directorate of Public Works removed the bleachers, scoreboard and basketball backboards from the gym, said PW's Dan Carley.

All the walls and ceilings were given a fresh coat of paint and any ceiling tile that was damaged or missing was replaced, he said.

One of the racquetball courts was turned into a combatives room with pads on the

walls as well as the floor. A whirlpool tub and ice machine were placed in the physical therapy room on the balcony next to the racquetball courts.

Mirrors were added on one wall where the basketball court was and the new free weights section would be.

Outlets and cabling was added for four plasma television sets to be installed about 9 feet above the floor and a new sound system.

A new rubber mat was laid over the gym floor. New individual lockers were installed in the stretching room to secure personal items.

PW renovation to Robinson Fitness Center coast about \$95,000, Carley said.

See *Gym*, Page 17

## Pack rats: Presence elusive yet unmistakable

By Alan Hynke  
Fish and Wildlife Administrator

Although rarely seen, their presence is unmistakable. Their telltale lodge announces the presence of a truly interesting animal.

The eastern wood rat (neotoma floridana), commonly called a pack rat, is a large rodent that is mouse like in appearance. In general, it has little resemblance to Old World rats, such as the Norway rat and black rat. Although generally associated with trees, they can be found in a variety of places, including old barns, garages and other outbuildings.

Wood rats are almost exclusively herbivorous, with a diet of twigs, buds leaves and roots. They do not drink water, because they obtain enough moisture from their solid food.

Adults grow to lengths of 14 to 17 inches, head to tail. Females can have one to two litters between February and Sep-

tember, with an average nest size of four. Their average lifespan is three years, which is fairly long for a rodent.

The eastern wood rat builds its nest mostly of dry twigs, leaves, bark, bones, dried grasses and just about anything they can carry. You can find a wide variety of items, ranging from tin cans and shotgun shells to jewelry, in their nest.

However, wood rats appear to have a preference for shiny objects. They are sometimes referred to as the trader rat because they will lay down whatever they are carrying and pick up a more attractive object. They will occasionally leave a stone in place of whatever they take.

Within their lodge is a series of chambers lined with soft material, such as shredded bark, and used for rearing young. Other

chambers include areas for food storage, feeding and for depositing feces. Most lodges include a series of underground tunnels used for escape and for cold weather habitation.

As a pest, the pack rat can cause major damage. They can be an important factor in transmission of disease and can become a major nuisance when they decide to take up residence in a building or vehicle.

Wood rats are particularly fond of electrical wiring. They can easily shred all of the wires under the hood of car in a short amount of time. If you have a vehicle that goes unused for weeks at a time, and you live near a wooded area, it would be wise to occasionally check under the hood for any "new neighbors."

The preferred method for control in and around buildings is

exclusion and trapping. Taking preventative measures to keep all rodents out of buildings is the best course of action. However, if wood rats are already present, they easily can be caught in live traps using dried fruit, apples, peanut butter or nutmeats.

Wood rats are classified as huntable non-game animals, which means a hunting license is required. In most states, including Kansas, they can be controlled without a hunting license when they threaten or damage property.

Some interesting lore is tied to the pack rat, mostly in association with the weather. The one I have heard most often is when pack rats build their nests up high, we will experience a lot of snow that winter. I don't think there is much too this though, as there seems to be quite a variety in heights in any given winter. Either that or they are not able to forecast the weather any better than humans can.

## Army scores top-10 finish

Nemechek scores season best 9th place

Army News Service

CONCORD, N.C. — Joe Nemechek took advantage of two big breaks and went on to post a ninth-place finish in the Bank of America 500 Nextel Cup race at Lowe's Motor Speedway Oct. 14.

It was the best result of the season for Nemechek, who has now scored three consecutive top-10 finishes in the fall race at the ultra-fast 1.5-mile oval near Charlotte. In the 2004 October race at Lowe's, he ended up fifth and last year he was fourth.

Nemechek's first break came on Lap 1 of 334 when he found himself in the middle of a bunch of spinning cars, but his 01 CEN-TRIX Financial Chevrolet came away unscathed in the melee.

"Finally, we had some luck go our way," Nemechek said. "We got spun out on Lap 1 but didn't have any damage. That was a huge break."

Nemechek, who continued to stay away from trouble, took advantage of another break when he vaulted from a lap down to fourth place on a perfectly placed caution during green-flag pit stops.

"Ryan (crew chief, Pemberton) made a good call to stay out a few extra laps," Nemechek noted. "It paid off because a caution flew and all of a sudden we were back on the lead lap and running fourth."

See *Nemechek*, Page 16

## Unit flag football scores reported

Staff report

Rain defeated Eastern League flag football teams Oct. 10, cancelling all three scheduled games.

The first would have pitted Headquarters and Headquarters Company, 2nd Battalion, 16th Infantry, against Battery B, 2nd Battalion, 32nd Field Artillery. The second would have matched Battery B, 2nd Bn., 32nd FA, with Headquarters and Headquarters Company, 1st Battalion, 41st Infantry. The last would have seen Headquarters and Headquarters Battery, 2nd Bn., 32nd FA, go against 596th Signal Company.

Eastern League teams took

See *Scores*, Page 17







Joe Nemechek took a ninth-place finish in the Bank of America 500 Nextel Cup race at Lowe's Motor Speedway in Concord, N.C., Oct. 14.

## Nemechek

continued from page 15

From that point on, we fought hard and came away with a pretty good result."

When Nemechek jumped to fourth after the caution, he was the last car on the lead lap.

"It's amazing how things can change so quickly," Nemechek said. "One minute you're running in mid-pack and the next minute you're back on the lead lap, running fourth. It's all about being in the right place at the right time, something we haven't been able to do this year. Hopefully we can

continue with these kinds of finishes in the last five races."

Nemechek didn't have much time to savor his best result of the season. He left early Oct. 15 for a troop visit in Guantanamo Bay.

"The trip to Guantanamo Bay to meet the troops is going to be a lot more fun after our performance tonight," said Nemechek, who has driven the U.S. Army Chevy since October 2003.

The next race for the 01 team will be Oct. 22 at Martinsville (Va.) Speedway.

## 'Sarge' out in 1st round

### Army News Service

DINWIDDIE, Va. — U.S. Army Top Fuel driver, Tony "The Sarge" Schumacher, lost in the first round of eliminations of the rain-delayed Torco Racing Fuels Nationals Oct. 15 at Virginia Motorsports Park.

After posting a single season record 12th pole the day before, Schumacher was unable to advance past 16th place qualifier, David Baca, in the opening round. As a result, he took a hit in the NHRA POWERade Top Fuel world title chase.

"I guess we just overpowered the race track," said a visibly dejected Schumacher in describing his tire-smoking run against Baca. "He did what he had to do and got down the track clean. We ended making a crucial mistake and he was able to capitalize. That's what separates the winners and losers at times in this sport."

Schumacher, who had not recorded a first-round loss since the Chicago race in June, will head for the ACDelco Las Vegas Nationals Oct. 26-29, sitting in third place in the Top Fuel standings. He's the defending ACDelco Las Vegas Nationals event champ.

"We're not quitting by any means," the Chicago native added. "We're going to go out and try to win these last two races. And, you never know what can

happen in terms of the world championship. If we take care of our own business and get a little help along the way, we just might end up at the top."

In Las Vegas, Schumacher also will be participating in the Budweiser Shootout, which is a special race-within-a-race that showcases eight of the best-performing Top Fuel teams on the NHRA tour. The winner receives \$100,000.

Schumacher, who will be the No. 1 seed, is the defending champion of the Budweiser Shootout.

Joining Schumacher at The Strip at Las Vegas Motor Speedway in two weeks will be his U.S. Army Pro Stock Motorcycle teammates, Antron Brown and Angelle Sampey.

FIRST PRESBYTERIAN  
CHURCH  
1 x 2.5"  
Black Only  
2x2.5 1st Pass Oct. TF

## 3rd Inf. Div. Soldiers stand tall at NASCAR

By Spc. Emily J. Wilsoncroft  
3rd Inf. Div. Public Affairs

CHARLOTTE, N.C. (Army News Service) — Amid the whistles and cheers of more than 100,000 NASCAR fans, nearly 500 3rd Infantry Division Soldiers marched onto the track at Lowe's Motor Speedway the evening of Oct. 14.

The Soldiers, who traveled from Georgia's Fort Stewart, Hunter Army Airfield and Fort Benning, Ga., were invited to represent the Army at the Bank of America 500 race.

"I think this is great, that NASCAR has given the Soldiers a chance to come down here," said 1st Lt. Michael Fritz of Company D, 1st Battalion, 30th Infantry Regiment. "We've met a lot of good people here. We met an elderly gentleman (who) showed us through the garages and everything and told us about the cars, what they do. He was an engineer on one of the teams."

The Soldiers arrived at the speedway shortly after noon and spent the six hours before they were scheduled to appear in front of the packed arena visiting vendors, talking to pit crews, buying souvenirs and exploring the ins and outs of a professional race track.

"I'd watch (NASCAR) a little bit during deployment, but now I think I'm definitely a fan," Fritz said. "I didn't realize so much went into the actual race."

Pfc. Dana John of Headquarters and Headquarters Company, 3rd Brigade Special Troops Battalion, said she had previously been a fan of dirt-track racing, but that she'd never been to a NASCAR race.

"I think it's special that they invited the Soldiers to come out and get recognized as a unit and everything ... It's a cool experience," she said. "I didn't expect to get down here in the pit with (the crews), so that's something special."

A few of the troops took time to visit with members of the Army's own pit crew.

"The highlight of my day has been talking to (Danny "Mongo" Harrington, the crew's gas man, and Randy Hutchens, the backup gas man), the Army of One guys — asking about their experiences here and how they've come to work for NASCAR," said Staff Sgt. Alejandro Gallardo, C Troop,

PIONEER SERVICES  
4 x 10"  
Black Only  
4x10 Pioneer Shc 2 wks up



3rd Inf. Div. PA/Wilsoncroft

Lug Nut, the Lowe's mascot, exchanges high-fives with 3rd Infantry Division Soldiers before they march onto the race track to start off the Bank of America 500 Oct. 16 in Charlotte, N.C.

3rd Squadron, 7th Cavalry Regiment. "It's all been a really good experience."

An hour before the race began, the Soldiers stood in formation outside the main track giving high-fives to Lug Nut, the Lowe's mascot, and getting ready to stride ahead before the crowd.

As the command "Forward, march!" boomed forth, the Marine Soldiers marched through the gate and onto the track to wild cheers from the crowd. The Soldiers stayed up front until after the national anthem, which was sung by Kellie Pickler, an American Idol finalist.

"I think this is great," said Staff Sgt. Ernest O'Dell of Company B, 3rd Battalion, 7th Infantry Regiment. "It gives us a chance to come out and watch a good race, and it gives the American public a chance to see and express their opinions toward the military, and we get to give something back to the American public."

"This is a great event," he said. "It's my first NASCAR race, so I'm pretty excited ... It's a good thing for the Army to come down here and represent and show what we're all about."

PINNACLE FLOORING  
2 x 5"  
Black Only  
2x5alcoy/lk

CINEMA 12/MANHATTAN, KS  
2 x 5.5"  
Black Only  
2x5.5 Seth Child Oct. TF





## Post, Army news briefly

### Custer Hill Lanes events listed

Custer Hill lanes is open daily for lunch from 11 a.m. to 1 p.m.

**Oct. 21** – 4 to 6 p.m., Family Time Extreme Bowling  
**Oct. 22** – 11:30 a.m., Sunday Football in the Strike Zone Pub

**Oct. 23** – 5 to 7 p.m., Monday Night Football in the Strike Zone Pub

**Oct. 25** – 5 to 7 p.m., Wednesday Wing Night in the bar

Custer Hill Bowling Center, Building 7485, offers open bowling 5 to 11 p.m. Tuesdays through Thursdays, 5 to 10 p.m. Fridays and 3 to 11 p.m. Saturdays.

For more information about Bowling Center activities, call 239-4366.

### Bowling alley sets new programs

Penny A Pin Bowling will be from 11 a.m. to 1 p.m. Monday through Friday. Bowlers can play and pay only a penny for every pin they knock down. Anyone who bowls a 200-plus game pays nothing.

Spin-to-Win Tuesday Nights will be from 6 p.m. to close. Before bowling, spin the needle to see how much it will cost. Some may bowl for free.

Wing Night Wednesday offers bowlers 25-cent wings from 5 to 8 p.m.

Family Buffet and Bowling is offered from 5 to 8 p.m. every Friday. Kids under 3 are free. Kids 3-11 pay \$4.95 for buffet only or \$9.95 for buffet and bowling. Bowlers 12 and older pay \$7.95 for buffet only or \$12.95 for buffet and bowling.

Bowling buffets include shoes and games.

Lanes are limited during league play.

The Strike Zone Pub in Custer Hill Lanes offers Sunday football beginning at 11:30 a.m. and Monday Night Football with bar snacks available.

Call 239-4366 for more information.

## Gym

continued from page 15

### 185 new equipment pieces installed

About \$390,000 worth of modern exercise equipment – more than 185 pieces – has been installed in the center, Westerhaus said. The traditional cardio equipment includes 16 treadmills, 15 cross-trainers and 16 bikes and steppers.

Three rows of circuit-training machines allow many Soldiers to train at one time. Three rows of that type of equipment allow squad leaders to watch their people work out at the same time, Ryncarz said.

A fourth row contains ground-based machines Ryncarz said were originally developed for the University of Nebraska football team and with Soldier fitness in mind. "It is a new way of working out," he said, because the person does not sit down while exercising.

"You stand up and move, twist, etc. You work more muscle groups because you have to use stabilizing muscles while exercising," he explained.

Four multi-purpose machines allow four Soldiers on each machine to be exercising different muscles. A Gravitron allows Soldiers to do assisted or unassisted pull-ups and dips, Ryncarz pointed out.

Two Smith machines allow Soldiers to work out with heavy weights without needing a spotter in case a lift cannot be completed. The Smith machine will "catch" the weighted barbell when the lifter leans back when failing to complete a lift.

### Free weights also available

Two complete barbell and dumbbell sets are included in the facility's equipment, with several types of benches to accommo-

date the type of lifting exercise a Soldier wants to do, Ryncarz said.

Four stretching machines are placed in their own area and can be used for stretching the entire body, Ryncarz said.

The machines allow Soldiers to stretch without a partner and include a book on a stand at the front of the machine so Soldiers can see how to use the machine and how to stretch correctly.

After all the renovation work, "Robinson Fitness Center is one of the most advanced facilities in the Army today," Westerhaus contends.

Soldiers of the 4th IBCT operate the center from 5 a.m. to 10 p.m. Monday through Friday and from 8 a.m. to 10 p.m. on Saturdays, Sundays and training holidays. It is open to any valid ID card holder.

## Land transfer doubles refuge

### Army News Service

COMMERCE CITY, Colo. – U.S. Secretary of the Interior Dirk Kempthorne and Environmental Protection Agency Administrator Stephen Johnson joined Army officials Oct. 13 in celebrating the expansion of the Rocky Mountain Arsenal National Wildlife Refuge in Commerce City, Colo.

"This is another important milestone in the successful clean up at the arsenal and an outstanding example of the partnerships that make the National Wildlife Refuge System one of our nation's most important conservation assets," Kempthorne said.

The refuge, which is located about 10 miles northeast of Denver, grew from 5,000 to more than 12,000 acres this fall, following the successful completion of the Army's largest land transfer in 2006. The refuge is home to more

than 330 species of wildlife, including the American bald eagle, and includes important wetland and short-grass prairie habitat.

For the past 14 years, the Army has worked with the U.S. Fish and Wildlife Service and Shell Oil Company to convert the arsenal from an environmental clean-up site to a premier urban national wildlife refuge in the heart of Colorado.

"The Army is proud to turn this land over to the U.S. Fish and Wildlife Service to more than double the size of the urban refuge," said Tad Davis, deputy assistant secretary of the Army for environment, safety and occupational health. "Together, the public and private sector have met the highest environmental and safety standards and are giving this land back to the community as an asset for generations to enjoy."

The Army opened the arsenal in 1942 to manufacture chemical weapons as a deterrent against the Japanese. The Army later leased facilities to private companies, such as Shell Oil Co., which produced agricultural chemicals at the site. Manufacturing stopped in the early 1980s, and the site was added to the EPA's Superfund list in 1987.

The refuge was officially established in 2004, after the EPA certified that the clean up of 5,000 acres of arsenal land was complete and took the land off the Superfund list. The EPA recently approved removing another 7,000 acres from the list, which allowed the Army to transfer the land to the U.S. Fish and Wildlife Service to manage as part of the Rocky Mountain Arsenal National Wildlife Refuge.

## Scores

continued from page 15

the field in two of three scheduled games Oct. 12, however.

The 596th Signal Co. defeated HHC, 1st Bn., 41st Inf., 33-24 in the 7 p.m. game and Company B, 4th Battalion, 1st Field Artillery, defeated Btry. A, 2nd Bn., 32nd FA, 6-0 in the 8 p.m. game.

Btry. B, 2nd Bn., 32nd FA, for-

feted the first game to 596th Signal Co.

In Southern League action Oct. 11, Company B, 101st Forward Support Battalion and Company A, 601st Aviation Support Battalion, finished a previously scheduled but incomplete game with Co. B defeating Co. A 24-18.

They played in the 7 p.m. slot because Company E, 2nd Battalion, 1st Aviation, has dropped out of league play. That gave Company B, 601st ASB an automatic win for that scheduled game.

The 1st Battalion, 360th Infantry, defeated Co. B, 101st FSB, 33-14 in the 6 p.m. game

Oct. 11. Company A, 601st ASB, defeated HSC, 601st ASB, 18-12 in the night's final game.

HSC, 601st ASB, blanked Co. B, 601st ASB, 20-0 in the 6 p.m. game Oct. 16, and Co. B, 101st FSB, defeated Co. A, 101st FSB, 32-19 in the 8 p.m. game. The 7 p.m. game was cancelled.

### Northern League Standings

(as of Oct. 5)

Team	W	L
HHC, 1st Inf. Div.	1	0
977th MP Co.	0	1
MEDDAC	1	0
HHC, 3rd Bde.	0	1
24th Trans. Co.	1	0
172nd Chem. Co.	0	1

### Eastern League Standings

(as of Oct. 12)

Team	W	L
HHC, 1-41st Inf.	1	1
Co. B, 4-1st FA	3	1
596th Signal	3	0
HHC, 2-16th Inf.	0	1
HCB, 2-32nd FA	0	1
Btry A, 2-32nd FA	0	2
Btry B, 2-32nd FA	0	3

### Western League Standings

(as of Oct. 4)

Team	W	L
Co. A, 610th BSB	4	1
Co. B, 610th BSB	3	1
Co. C, 610th BSB	1	4
Co. D, 610th BSB	1	3
Co. E, 610th BSB	2	2
Co. F, 610th BSB	2	2
Co. G, 610th BSB	1	3

### Southern League Standings

(as of Oct. 16)

Team	W	L
Co. A, 101st FSB	1	2
Co. B, 101st FSB	2	2
Co. E, 101st FSB	0	1
HSC, 601st ASB	2	0
Co. A, 601st ASB	1	1
Co. B, 601st ASB	2	2
1-360th Inf.	1	1

ALLSTATE INSURANCE  
1 x 1.5"  
Black Only  
1x1.5 Allstate.10/

HOMESTEAD AUTO  
1 x 1.5"  
Black Only  
1x1.5 Homestead Wrecker Oct. TF

HOMESTEAD AUTO  
1 x 1.5"  
Black Only  
1x1.5 HomesteadAuto 10/15 t f

PRAIRIE HAWK CYCLE & LEATHER,  
1 x 1.5"  
Black Only  
1x1.5 Prairie Hawk Oct. TF

Smith Furniture  
4 x 10"  
Black Only

K PA  
2 x 4"  
Black Only  
Alcora

KAW VALLEY HOMES  
2 x 5"  
Black Only  
2x5 Kaw Valley Open House





363rd MPAD/Lovel  
Billy Blanks, martial artist, fitness guru, actor and creator of the Tae Bo exercise system, leads Multi-National Division-Baghdad Soldiers in a 45-minute exercise session at the 4th Infantry Division Field House at Camp Liberty, Iraq.

# Tae Bo

continued from page 15

body?  
A lot of people only work out for their body and not their mind. That's why they don't get results." He encouraged everyone to keep up their fitness regimen even if they don't see immediate results.  
"Once your inside (mind) feels good, keep holding on and eventually your outside (appearance) will look good as well," he said. "Your five senses are your 'land-mines' in fitness. After 20 minutes, if your mind gives in to your senses, you'll give up."

Blanks also signed autographs and had his picture taken with fans.

ARMED FORCES BANK  
1 x 13"  
Black Only  
1x13ArmedForcesBank10/6OctT  
F

COTTONWOOD THEATERS  
1 x 3"  
Black Only  
1x3.Oct.TF.10/1.6131.1k

MEMORIAL HOSPITAL ABILENE  
1 x 4"  
Black Only  
1x4.M.4848.10/15.1k

LAKE SIDE MARINE  
1 x 4"  
Black Only  
1x4 Lakeside Oct TF

Classified number  
4 x 2L25"  
Black Only



## Classifieds





# Travel & Fun in Kansas

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America's Warfighting Center

Friday, October 20, 2006

## Leisure time ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

**Oct. 20** — The Last Kiss, R, 104 min.

**Oct. 21** — Hollywoodland, R, 126 min.

**Oct. 22** — Crank, R, 83 min.

**Oct. 26** — Hollywoodland, R, 83 min.

**Oct. 27** — Gridiron Gang, PG-13, 120 min.

For more information, call 239-9574.

### Junction City:

**What:** Mystical Arts of Tibet, mandala sand painting and stage performance

**When:** Nov. 2-5

**Where:** To be announced.

**Admission:** Entry to the mandala is free; tickets to the performance are \$20, \$1 of each ticket sale will go to the AUSA's Wounded Soldier Fund. For tickets call the Arts Council at (785) 762-2581 or stop by 107 W. Seventh St.

**Web site:** [www.mysticalart-sofibtibet.org](http://www.mysticalart-sofibtibet.org)

### Manhattan:

**What:** "Tartuffe," Comedy stage production by Moliere

**When:** Through Oct. 22

**Where:** Nichols Theatre, Kansas State University

**Tickets:** \$8 to \$15

**Phone:** (785) 532-6428

**Web site:** [www.ksu.edu/scetd](http://www.ksu.edu/scetd)

...

**What:** Vienna Piano Trio.

**When:** 7:30 p.m. Oct. 22

**Where:** All Faiths Chapel, Kansas State University

**Admission:** \$20 for public, \$10 for students and children, \$18 for seniors, faculty and military

**Phone:** (785) 532-6428

**Web site:** [www.ksu.edu/mccain](http://www.ksu.edu/mccain)

...

**What:** "All I Really Need to Know I Learned in Kindergarten." Music and lyrics by David Caldwell

**When:** Nov. 10-12 and 16-19

**Where:** Manhattan Arts Center, 1520 Poyntz Ave.

**Tickets:** \$9 to \$16

**Phone:** (785) 537-4420

**Web site:** [www.manhattanarts.org](http://www.manhattanarts.org)

### ITR helps plan get-aways

The Information, Ticketing and Registration office in Building 6918 at Fort Riley has lots of travel information and the staff can help set up brief trips and longer vacations. Here's a sampling:

**Rolling Hills Zoo** — Located amidst the rolling hills of western Saline County, this section of Kansas prairie has been transformed into a beautifully landscaped zoological park. More than 85 species of animals are on exhibit. Discount tickets are now available through ITR.

**Silver Dollar City** — Childhood dreams come to life at Silver Dollar City with adventures beyond your wildest imagination. Buy your adult ticket and get a child's ticket free. Let ITR put together a weekend get-away to Branson, Mo. Numerous discounted show tickets and hotel accommodations.

## Fort Riley gets spooky for Halloween

By Mike Heronemus  
Editor

Walking through Main Post at Fort Riley could get a little — make that a lot — spooky Oct. 29, promises Patti Walker, this year's ghostess for the 11th Annual Fort Riley Ghost Tours.

The tours, sponsored by the Historical and Archaeological Society of Fort Riley begin at 4 p.m. and the last trek will start at 7 p.m. Tours will leave from the front of Custer House, across the street from the Cavalry Parade Field.

The public is invited. Anyone without a Department of Defense vehicle registration sticker needs to present photo IDs of all adults in the vehicle, valid vehicle registration and proof of current insurance when entering the fort.

Cost for the tour is \$1 for anyone 13 years old or older, except for HASFR members, who can take the tour for free.

Parking will be available on the south side of Cavalry Parade Field, a short walk from Custer House.

The tours will cover a route of 1½ to 2 miles with tour guides telling the stories of ghostly happenings recorded for each of the tour's 14 stops.

Walker said she wouldn't be surprised if people on the tour witnessed some of the ghosts while visiting the haunted spots on post.

Bullhorns will be one improvement made to this year's ghost tours. HASFR decided the hand-held loudspeakers were needed to insure everyone on the tour could hear the stories about ghostly apparitions on post.

The stories that will be retold Oct. 29, and others, have been gathered by HASFR members and



The trolley house on Main Post is just one stop on Fort Riley's annual ghost tour. The tours, which are sponsored by the Historical and Archaeological Society of Fort Riley, begin at 4 p.m. and the last trek will start at 7 p.m. Oct. 29. Post/Morelock

published in small booklets available for sale to the public at The Shoppe in the U.S. Cavalry Museum.

Family Readiness Groups will set up refreshment stands along the route to raise money for their organizations and to provide some nourishment to walkers.

Mike Heronemus can be contacted at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or 239-8854.

### If you go:

**From Junction City,** take Interstate 70 east to the Marshall Army Airfield gate. Continue on Henry Drive over the two bridges and turn left at the second turn after the last bridge. Turn left at the three-way stop and look for the large parking lot on the right side of the road, next to Cavalry Parade Field.

**From Manhattan,** enter the post through Ogden at the Huebner Road gate. Follow Huebner Road to the shopette and gas station (on the left side of the road). Turn left on Dickman Avenue at the shopette intersection. Follow Dickman Avenue to Marshall Avenue and turn left to the three-way stop. Turn left at the three-way stop and look for the large parking lot on the right side of the road, next to Cavalry Parade Field.

## 70 bands will rock Aggiefest 06 Oct. 21

By April M. Blackmon  
Community Relations Officer

More than 70 bands will converge in Aggieville Oct. 21 for Aggiefest '06.

Musicians begin live performances at 10 a.m. and rock until 2 a.m. Virtually every business in Aggieville will play host to these multi-genre performances.

This is the first time Manhattan has had a music event of this magnitude, said Evan Tuttle, president of the Manhattan Music Coalition.

"We decided to do this because music is the universal language and we want Manhattan to be fluent. We need it," he said. "All types of music will be represented — hip-hop, jazz, blues, rock, indie, emo, country, classic rock, metal, pop, punk, etc."

Bands from Junction City, Kansas City, Lawrence, Manhattan, Salina, Topeka and Wichita are slated to perform.

Event tickets are \$10 and are available at SOS Music (785-770-9767), Rockstar & Rogers, On the Wildside and The Dusty Bookshelf.

Free music will be playing all day, Tuttle said, but there also will be venues charging a separate cover.

### 'Yugma' featured at KSU

By Erinn Barcomb-Peterson  
Kansas State University

MANHATTAN, Kan. — The Society for Appreciation of Bharatiya Heritage and Arts, an Indian students organization at Kansas State University, will introduce audience members to Indian dance styles in an upcoming campus performance.

"Yugma," featuring two styles of dance, will be 4 to 6 p.m. Oct. 22 in Forum Hall at the K-State Student Union.

The event will promote Indian culture and includes performances

### More info

More information can be found at <http://www.aggiefest.net/>.

The latest line-up is listed on: <http://myspace.com/mmcaggiefest> and <http://myspace.com/mmcive>

The ticket costs less than paying the three separate covers. The ticket also qualifies the holder for a drawing for fabulous prizes, half off the purchase of an Aggiefest T-shirt and a page of valuable coupons from local merchants," he said.

Aggiefest '06 is sponsored by the Manhattan Music Coalition, an organization dedicated to the promotion and positive reception of live music in the Greater Manhattan community.

"The MMC believes strongly in the mentoring of young musicians, the encouragement of aspiring artists and the support of current performers," he said.

"Aggieville will be buzzing with a wonderful kind of energy this Saturday. Everyone should come because music is a gift."

by Shreyashi Dey, Nalini Prakash, Vijay Palaparty and Manoranjan Pradhan.

"Yugma" will feature two of the most popular dance forms, Odissi and Bharatnatyam, which also are some of the oldest Indian classical dance forms.

The dance styles follow strict disciplines and require dedication and training to master.

The event is free and the public is welcome. Refreshments will be served.

More information on the group is available at <http://www.k-state.edu/sabha/>.

OMNI FINANCIAL CORPORATION  
3 x 10.5"

3x10.5 FULL COLOR Omni F110/20

